

Where We Live

A publication from the City of Hurst

Winter
2013
Recreation
Class
Schedule

See page 35

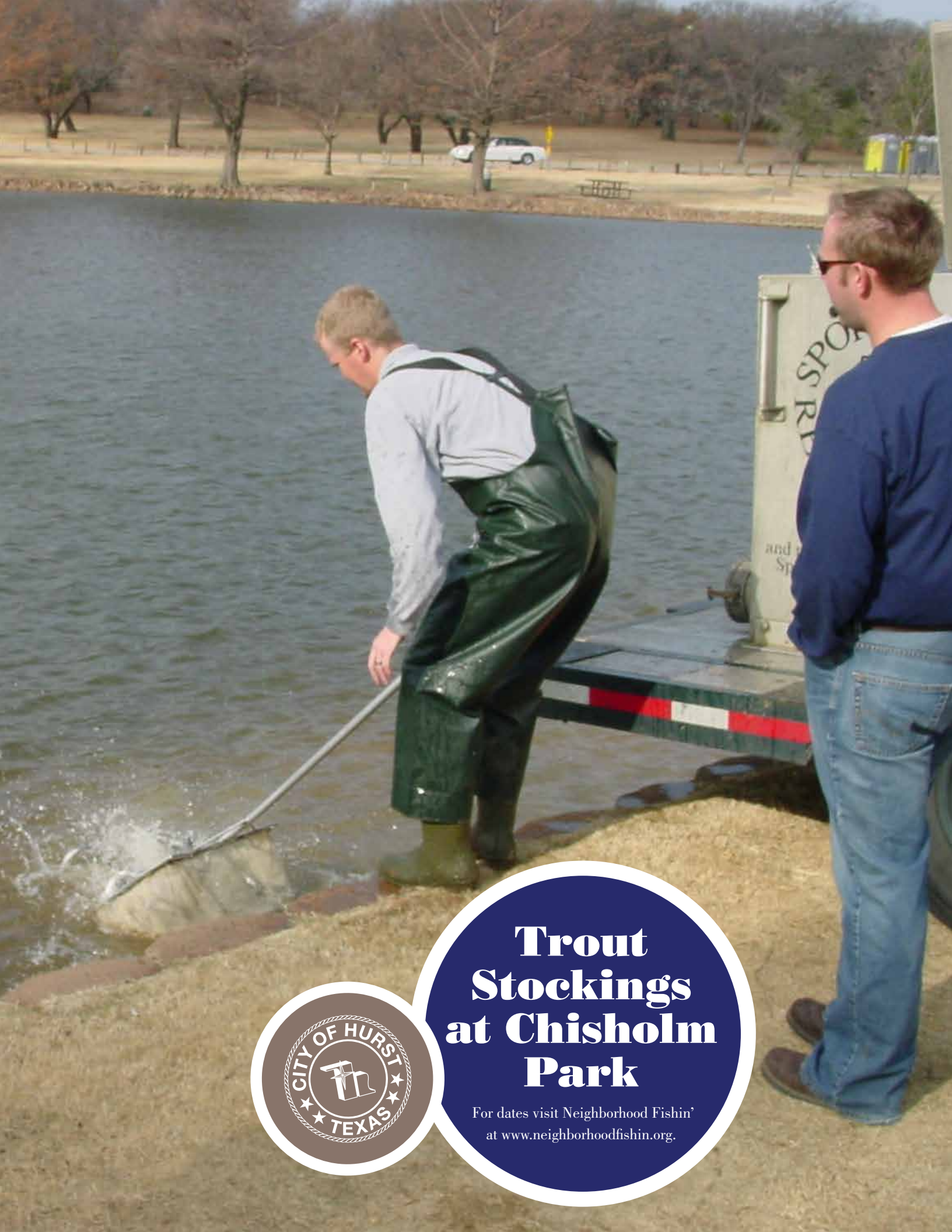


Employee Giving Day

Mid-Cities New Year's Eve Ball

Shopping First in Hurst





Trout Stockings at Chisholm Park

For dates visit Neighborhood Fishin' at www.neighborhoodfishin.org.

Welcome to the twentieth issue of...

Where We Live

Welcome to the twentieth issue of **Where We Live**. We're gearing up for what promises to be an exciting and successful 2013. Redevelopment is our number one priority and it's happening all around the city. You can read about our new playground at Community Park on page 20, or read about our softball field renovation, courtesy of Major League Baseball and Chevrolet on page 18. We're also making preparations for our fifteenth Employee Giving Day. Do you know a senior citizen who is unable to make necessary repairs to their home? Turn to page 32 for details on this year's event and for contact information.

As you can see, 2013 is going to be a busy, transformative one for the City of Hurst. Speaking of the New Year, you're invited to ring it in with us! The Hurst Conference Center is hosting it's second annual New Year's Eve party and this year's even promises to be a memorable one. Turn to page 11 for details. And it wouldn't be the holidays if we didn't encourage you to Shop First in Hurst! Every resident was mailed their very own copy of this year's *Retail, Restaurant and Business Guide* in November to make it easier to find all of your favorite Hurst businesses. 'Tis the season for shopping in Hurst!

While it wouldn't be the holiday season without shopping, it wouldn't be New Year's without resolutions. What's your resolution for 2013? If it's to get healthier, the Hurst Recreation Center is here to help you achieve your goals! Beginning on page 35, we've listed all of our available classes, nutrition experts and personal trainers. We're here for you!

I know I say it a lot, but I love Hurst. We're a city that plans for the future, appreciates the past and enjoys the present. I hope you love Hurst as much as I do and I hope to see you and your family soon.

— Mayor Richard Ward

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Hurst City Council

Left to Right: Anna Holzer—Council Member, Larry Kitchens—Council Member, Henry Wilson—Mayor Pro Tem, Richard Ward—Mayor, Bill McLendon—Council Member, Charles Swearengen—Council Member, Nancy Welton—Council Member

Brussels Sprouts are Back

Sauteed brussels sprouts with bacon and onions

INGREDIENTS

2 1/2 pounds Brussels Sprouts, trimmed
4 slices bacon, cut into 1-inch pieces
1 tablespoon extra-virgin olive oil
1 large onion, diced
4 sprigs thyme or savory, plus 2 teaspoons
leaves, divided
1 teaspoon salt
Freshly ground pepper to taste
2 teaspoons lemon juice (optional)

DIRECTIONS: Bring a large pot of water to a boil. If sprouts are very small, cut in half; otherwise cut into quarters. Cook the sprouts until barely tender, 3 to 5 minutes. Drain.

Meanwhile, cook bacon in a large heavy skillet over medium heat, stirring, until brown but not crisp, 3 to 6 minutes. Remove with a slotted spoon to drain on a paper towel. Pour out all but about 1 tablespoon bacon fat from the pan.

Add oil to the pan and heat over medium heat. Add onion and cook, stirring often, until soft but not browned, reducing the heat if necessary, about 4 minutes. Stir in thyme (or savory) sprigs, salt and pepper. Increase heat to medium-high, add the Brussels sprouts, and cook, tossing or stirring occasionally, until tender and warmed through, about 3 minutes. Remove the herb sprigs. Add the bacon, thyme (or savory) leaves and lemon juice, if using, and toss.



www.txsmartscape.com

City Staff

Allan Weegar—City Manager

Allan Heindel—Deputy City Manager

Jeff Jones—Assistant City Manager

Clay Caruthers—Director of Finance

Ron Haynes—Director of Public Works

Rita Frick—City Secretary

Steve Moore—Police Chief

John Brown—Fire Chief

Dale Harwell—Information Services Manager

Mike Morgan—Director of Planning and Community Development

Ashleigh Johnson—Communications Manager

Steve Bowden—Director of Economic Development



Nutrition

Per serving : 81 Calories; 3 g Fat; 10 g Carbohydrates; 5 g Protein; 3 g Fiber; 130% of DV for Vitamin C



Nutrition 101

Metabolism matters: For the last few editions of our magazine, we have been focusing on the basic components of food and calories in the human body. As we start a new year, it is time to take the next step in understanding.

One of the most critical places to begin is to grasp an understanding of your body and your metabolism. Just as everyone has unique fingerprints that belong to only them, your metabolism works the same way. It is unique to you. So if you and your cousin are the similar height, weight and genetics, you will both have completely different metabolisms. Learning how your unique metabolism works and what makes a difference for your health will help you along towards good health for your whole life.

Your metabolism is determined by many things but some of the most important factors are age, genetics, weight and body composition, gender, hormones, disease status, medications, calories you are eating and exercise.

While much of your metabolism is determined by your genetic make up, there are some things you can do to influence it. What you eat,

what you weigh and how much you move are three of the areas you can change to have a good or bad effect on your metabolism.

Eating healthy and at the right calorie level while getting regular physical activity will promote the greatest metabolism you can have and help you feel great. Unfortunately, the more you eat poorly and too much while hardly moving, the worse your metabolism suffers and you feel crummy!

Sometimes it seems like a hopeless battle to find the right formula for your health but if you want to know the specifics or find a plan that is individualized just for you there is lots of help waiting for you! Here at the Hurst Recreation Center you can work with a dietitian to determine a healthy eating plan, get some input from a trainer to maximize your workouts or set up an appointment to use a device to measure your resting metabolism and help you get to know your body's specific needs.

Your health and how you feel each day are largely determined by you so let us know how we can assist you in your journey to the best health for you!

Hurst Citizens Fire Academy Class #10

The Hurst Citizen's Fire Academy Class #10 will begin April 1, 2013, at 6:30 p.m. at Fire Station #1. The Hurst Fire Department conducts the Citizens Fire Academy. This ten-week class gives our citizens the opportunity to see first hand what duties and responsibilities firefighters have. You will learn about the organization and operation of the Hurst Fire Department, fire prevention, disaster preparedness, emergency medical service, arson investigation, firefighting tactics, and much more. Firefighters and officers from the Hurst Fire Department who possess a wide variety of skills, experience and training will provide the instruction. citizens will have the opportunity to ask questions, discuss issues and learn many of the responsibilities firefighters have as a daily part of their job. Each week you will have the opportunity to do hands on activities with repelling, search and rescue, extrication and many more daily activities of firefighters. There is also the opportunity to ride out with the firefighters. For more information or to get an application please call 817.788.7238.



Holiday Safety Tips

Don't be a Holiday Victim

This holiday season, don't let the spirit of giving lull you into giving burglars, muggers, and pickpockets a better chance to do their dirty work. Crooks love the holidays as much as everyone else, but chiefly because it's an opportune time for crime.

IF YOU ARE TRAVELING:

- Get an automatic timer for your lights.
- Ask a neighbor to watch your home.
- Don't forget to have mail and newspaper delivery stopped. If it piles up, it's a sure sign you're gone.

IF YOU ARE OUT FOR THE EVENING:

- Turn on lights and a radio or TV so it looks like someone's home.
- Be extra cautious about locking doors and windows when you leave, even if it's just for a few minutes.
- Don't display gifts where they can be seen from outside.

IF YOU'RE SHOPPING:

- Stay alert and don't allow yourself to become distracted. Stay off your cell phone.
- Park in a well lighted area.
- Lock your vehicle doors.
- If you have an alarm, use it.
- If possible, return to your vehicle in groups.
- When returning to your vehicle, have your keys out and ready.
- Check the front and back floor areas of your vehicle before entering.
- If you have packages stored in your vehicle, make sure they are hidden.
- If you see anything suspicious, CALL 9-1-1 or return to the store and call for security.
- Shopping with kids? Teach them to go to a store clerk or security guard if you get separated.

Holiday On-Line Shopping Safety

The holidays are a time for giving, sharing, cheer and fun. Unfortunately if you let down your safety guard, you could become a victim of crime. Here are some tips to make the upcoming shopping season safe and happy.

- Shop with known, reputable firms.
- Confirm phone numbers and addresses so you have another way to contact the company should something go wrong.
- Provide personal information sparingly. Online vendors do not need your Social Security number or driver's license number.
- Only use secure servers. Look for the unbroken key or padlock at the bottom of the browser window.
- Make sure you understand all shipping charges, taxes and delivery dates.
- Schedule deliveries when you will be home, arrange for deliveries to your business or set up a time that you can pick up the package from the delivery service.
- When making on-line purchases, use a credit card, not your debit card. If the wrong person gets your debit card information, your bank account could be depleted—protection plans are offered with the credit cards.



Courtesy of
Hurst Police Department
Community Services Division
817.788.7342

Flood safety tips

BEFORE A FLOOD

1. Check with the Public Works Engineering (817.788.7080) on the extent of past flooding in your area. Public Works staff can tell you about the causes of repetitive flooding, what the city is doing about it, and what would be an appropriate flood protection level. They can also visit your property to discuss flood protection alternatives.

2. Prepare for flooding by doing the following:

- Know the flood safety guidance
- Know how to shut off the electricity and gas to your house when a flood comes
- Make a list of emergency numbers and identify a safe place to go
- Make a household inventory
- Put insurance policies, valuable papers, medicine, etc. in a safe place
- Develop a disaster response plan. See the Red Cross' website: www.redcross.org/services/disaster/ for a copy of the brochure "Your Family Disaster Plan"
- Get a copy of Repairing Your Flooded Home which can be found on the Red Cross' website, too.

3. Consider some permanent flood protection measures

- Mark your fuse box to show the circuits to the floodable areas. Turning off the power to these floodable areas can reduce property damage (fires) and save lives.
- Consider flood protection alternatives such as flood walls or berms
- Note that some flood protection measures may require permits. Please check with the Engineering Department and/or the Building Inspection Department for more information.
- A copy of Homeowner's Guide

to Retrofitting: Six Ways to Protect Your House from Flooding are available at no charge to download from www.fema.gov/hazards/floods/lib312.shtm

4. Talk to the Engineering Department for information on financial assistance.

- If you are interested in elevating your building above the flood level, or if you are interested in selling your house to the city, the city can apply for federal grants to cover 75% or 90% of the cost.





Flood Safety

- Get a flood insurance policy - it will help pay for repairs after a flood and, in some cases, it will help pay the costs of elevating a substantially damaged building.
5. Get a flood insurance policy
- Homeowner's insurance policies do not cover damage from floods.
 - Some owners have purchased flood insurance because it was required by the bank when they received a mortgage or home improvement loan.

- Don't wait until the next flood to buy flood insurance protection. In most cases, there is a 30-day waiting period before the National Flood Insurance Program coverage takes effect.
- Contact your insurance agent for more information on rates and coverage

DURING/AFTER A FLOOD

Ask for a licensed electrician, plumber, etc. to check or turn on your power, water, and/or gas. Do not wade through flood waters due

to the danger of pollutants, debris (nails, glass, etc.), and animals (snakes, ants, etc.). Flood waters are often murky and depth is hard to determine. Do not drive through flood waters! Turn around, don't drown! If emergency evacuation is necessary, please heed the warnings of the City Emergency Management and follow the instructions to evacuate—it saves lives of those around you and possibly of the emergency workers responding.



North Tarrant Express *Update*

You can't escape the construction in our area and Hurst is certainly not immune to the traffic cones. We're confident it will be worth it and we appreciate your patience as North Tarrant Express continues to move forward with the project. The following is an overview of NTE's current and projected activities in the Hurst corridor for the last quarter of 2012 and the first quarter of 2013:

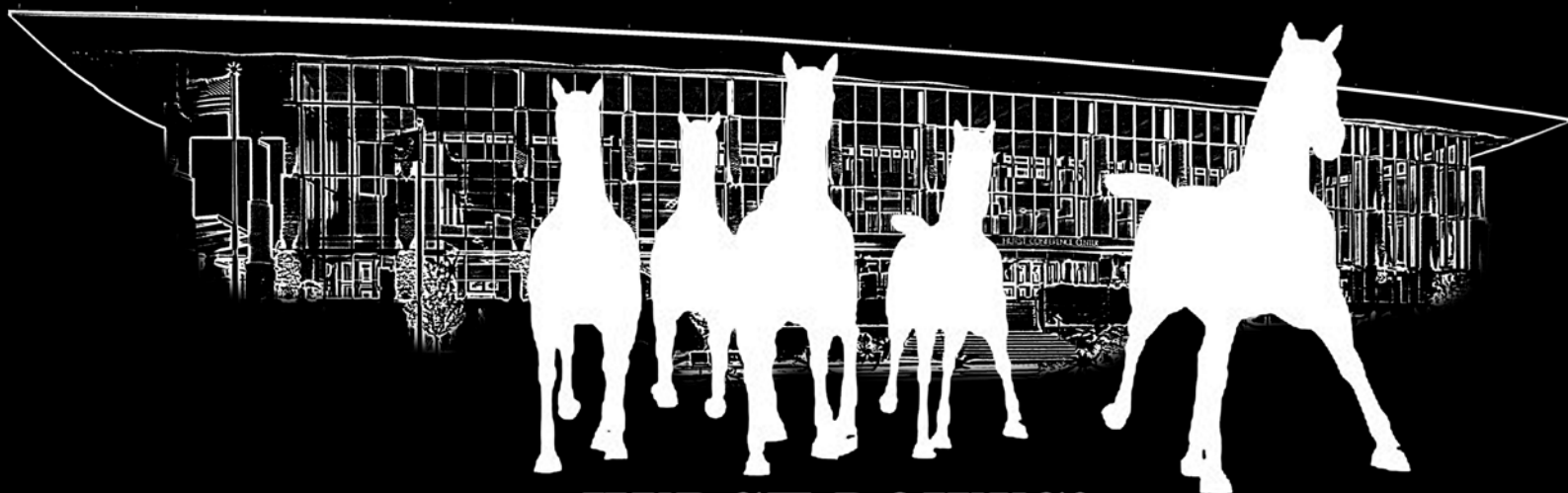
Significant events of the last quarter of 2012 include:

- Opening of the new westbound freeway access road to Precinct Line Road
- Relocation of the Norwood/SH183 intersection to allow for widening of the SH183 roadway at Norwood
- Opening of two new SH183 main roadway lanes westbound through the complete Hurst corridor

Anticipated milestones in the first quarter of 2013 will include:

- Opening of the new east bound freeway access road from the Precinct Line Road off-ramp from SH183 to the on-ramp to SH183
- Restoration and enhancement of the Hurstview traffic bridge
- Construction of foundations and walls for future elevated connectors in the Wreyhill/Foothill area in the southwest area of the corridor as well related activity on the west bound freeway access road between Precinct Line and Campus Roads on the northwest part of the corridor
- Opening of additional main roadway lanes eastbound through the corridor

MID-CITIES BALL 2013
DECEMBER 31, 2012 NEW YEAR'S EVE



HURST DOWNS!
LIVE MUSIC
HORSE RACING*
TICKETS ON SALE NOW

Unlimited access to select food stylings of
Executive Chef Robert Bleibtrey
Complimentary Champagne toast at Midnight
After five attire

\$55 PER PERSON
RESERVE TABLES OF 2, 4, 6, 8 OR 10



call or buy online at
www.hurstcc.com
817-581-0044

Water payments made easier

Paying your water bill just got a lot easier. We've had online payment for a while, but we've recently upgraded to a much more dynamic payment system. Users can make one-time payments, set up auto pay, pay by echeck, go paperless and set up e-notifications. Those who have used the previous online payment system will need to create a new user account. The new link can be found on our new web site at www.hursttx.gov.

Questions? Call us at 817.788.7040 or email us at wateroffice@hursttx.gov.



On the cover...

We love to hear good news at the City of Hurst. Who doesn't? We're fortunate to hear quite a bit of good news, but one story posted on our facebook wall jumped off the screen at us. Carol Marlow posted a story about the generosity of a stranger at the Hurst Petsmart. That was the good news. The great news? Carol's daughter Haley had recently turned 16 and had a party. She asked her friends to bring dog toys and/or money to donate to the Hurst Animal Shelter in lieu of bringing gifts for her. When she took the money collected at her party to Petsmart to buy supplies a kind stranger paid for them and told Haley to keep her money. Haley just bought more supplies for the shelter. Turns out Haley has been volunteering for the

Hurst Animal shelter for years. She is technically too young to volunteer, but she has been collecting newspapers from her neighbors and bringing them to the animal shelter every Sunday since she was nine. Haley was even our youngest Volunteer of the Year winner back in 2007. Haley is a sophomore at LD Bell High School and is a member of the swim team and National Honor Society. She has lived in Hurst for 14 years with her parents and little brother. Thank you for making our city a better place to be Haley!

Want to volunteer at the Hurst Animal Shelter like Haley? Call 817.788.7216 to find out how you can help too!



Special Delivery!

Every mailbox in Hurst should have recently received a new copy of our Restaurant, Retail and Business Guide. We publish this guide annually to assist you with all of your Hurst shopping and dining needs. The guide includes addresses and phone numbers for each of our businesses to make it easy to Shop First in Hurst! Each guide also includes coupons to some of your Hurst favorites. You can find our guide online with the most up-to-date information at www.hursttx.gov or call 817.788.7025 for additional copies.



Hurst is on the Move on the Web

We're moving! Well, our website is moving. We recently unveiled a new website, designed to help you find the information you're looking for quickly and easily. We not only got a new website, but we also have a new web address. Check out our new site at www.hursttx.gov. We hope you love it. Let us know what you think at webmaster@hursttx.gov.



Find Us on Instagram

We're on Instagram and we want you to be too! Show us how you see our city through your photos. All you have to do is upload a picture to the Instagram app and then use the hashtag #hurstpride. Or tag us @cityofhursttx. We're proud of our city and we know you are too, so show us your #hurstpride!

The Social Media Connection

Are you a social butterfly? We are too.

Facebook:

City of Hurst: <http://www.facebook.com/cityofhursttx>

Police Department: <http://www.facebook.com/CityofHurstPD>

Library: <http://www.facebook.com/HurstPublicLibrary>

Conference Center: <http://www.facebook.com/hurstcc>

Recreation Center: <http://www.facebook.com/HurstRecreation>

Twitter:

@TheCityofHurst

@HurstFireDept

@HurstLibrary

@HurstPoliceDept

LinkedIn:

<http://www.linkedin.com/company/city-of-hurst>

Instagram:

cityofhursttx

Other Websites:

www.ci.hurst.tx.us

www.hurst.lib.tx.us

www.transforminghurst.com

www.hursted.com

www.hurstcc.com



General Fund

“Where the Money Goes”



Where your tax dollars go

The City of Hurst remains fiscally sound and City Council and staff remain dedicated to customer service while placing special emphasis on economic redevelopment.

The adopted budget for the 2012/13 fiscal year shows signs of continued economic and financial improvement. Ground still needs to be made up to return to pre-recession conditions; however, revenues are estimated to increase by 1.2% in the coming year. Property values increased for the first time in four years with a net taxable gain of 0.92%. This is positive news after seeing property values decline by a combined total of approximately 10% in the three previous years. Value declines were related primarily to prevailing economic conditions and the State of Texas' right-of-way acquisition for the North Tarrant Express project. Sales tax revenues continue to increase at a rate of approximately 2% per year, but annual collections remain lower than those earned prior to the economic downturn. The city's conservative budget approach and strategic planning ensured ongoing delivery of quality services as revenues declined over the past few years. Other revenue such as franchise fees and charges for services remain stable at this time.

The city's operating budget will again fund capital equipment purchases and infrastructure maintenance. Approximately \$700,000 is allocated to street and traffic signal maintenance. An additional \$1.2 million collected through storm drainage utility fees will be utilized to provide for the completion of storm drainage maintenance and improvement projects. The Fiscal Year 2012/13 General Fund budget provides funding for approximately \$150,000 of capital equipment for Public Safety, Public Works and Community Services operations. The funding of capital equipment and infrastructure maintenance costs through the operating budget minimizes the amount of debt carried by the city. The fiscal year 2012/13 General Fund budget also includes funding for enhanced economic development activity, an expansion of the city's holiday tree lighting event, and an additional code enforcement officer. Hurst Citizens will continue to experience all the services and programs that they have come to love and expect along with the new and enhanced programs.

Between fiscal years 1992/93 and 2009/10, the city lowered the tax rate for operations by 10.7 cents. The tax rate was increased for operations in fiscal year 2010/11 to offset approximately 10% in

cumulative property value losses and additional losses in sales tax revenue. The debt rate was increased 3.6 cents over the past seven years, per voter approval, to construct Fire Station #2 and the Senior Center and to provide needed improvements at the city's Library. The debt rate was increased by 3 cents in this year's adopted budget, also per voter approval, to construct a new Criminal Justice Center and related parking facilities in Hurst Town Center. The city followed all applicable Truth-in-Taxation requirements in setting the new tax rate of 60.8 cents. The city continues to provide \$2.3 million in relief to taxpayers through the 20% homestead exemption, senior/disabled exemption, senior/disabled tax freeze, veteran's survivor exemption and other qualifying exemptions. The city's tax rate reductions during the past 20 years also provided property taxpayer savings of over \$20 million.

Redevelopment efforts, collectively known as Transforming Hurst, remain a primary fo-

cus for the City of Hurst. The Transforming Hurst Program has already resulted in the opening of several new facilities including the new Fire Station #2, Senior Center at Heritage Village and the Hurst Conference Center (HCC). HCC is exceeding financial expectations in its second year of operations with space being leased for proms, weddings, banquets, corporate meetings, ticketed entertainment, and other events. The Senior Center has also proven to be a wonderful amenity for the community. As membership continues to grow, the Senior Center will also act as a catalyst for future development within Heritage Village. In October, a private developer broke ground on an independent living complex adjacent to the Senior Center. Persons fifty-five years of age or older will have a wonderful housing option that includes an indoor swimming pool and other wonderful amenities. Members of the Senior Center will be offered the opportunity to utilize the swimming area for exercise and recreation during scheduled hours.

There are still several projects that are underway or are in the planning process, including: a voter-approved Justice Center and parking facility in Town Center; street upgrades on Bellaire Drive; Street and drainage maintenance across the city that will address aging infrastructure; Neighborhood Redevelopment and Revitalization through the CPR (Community Powered Revitalization) and Employee Giving Day programs; and the future redevelopment planning of the Bellaire Area.

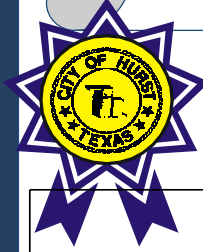
The City of Hurst will remain competitive, focused on attracting new and expanded business and making sure that superior customer service is a priority. If we continue with these strategies Hurst will continue to provide a Quality of Life city that we are known for.

General Fund

"Where the Money Comes From"



Citizen Stockholder Certificate



For an average annual investment of \$649*, the Citizens of Hurst are entitled to receive these quality services:

| Service | Monthly Cost | Annual Cost |
|-----------------------|----------------|--------------|
| Police/Judicial | \$15.15 | \$182 |
| Fire/EMS | \$11.00 | \$132 |
| Community Services | \$10.75 | \$129 |
| Other Public Services | \$6.00 | \$72 |
| Public Works/BINS | \$5.66 | \$68 |
| Debt Service | \$5.52 | \$66 |
| TOTAL | \$54.08 | \$649 |

*** Based on Average Value of \$133,127**

Projected Per Capita Cost



Recreation Center

Renovation

The Recreation Center renovation is almost complete! The renovation began after Labor Day and should be complete by the end of December. The classroom portion of the Recreation Center was the original City Hall and has had minimal updates since its construction in the 1950s. The renovation project is updating the facility to improve the overall experience for Recreation Center patrons.

Highlights of the Recreation Center Renovation include:

- Improvements to the corridor between the original facility and the new addition; it will receive new flooring, lighting, ceilings, and wall finishes.
- The restrooms located off the main corridor will be renovated to meet the requirements of the Americans with Disability Act (ADA) and updated with modern fixtures, flooring, and paint colors.
- The classrooms will receive new specialty flooring, ceilings, wall finishes, updated doors and hardware, and acoustical absorption devices.
- A new lounge area will be created to provide patrons with comfortable seating as they wait for classroom programs to start or finish.
- The kitchen will receive new interior finishes, commercial grade sinks, and improved countertop workspace.
- Technology and Audio Visual Upgrades include adding WIFI to the entire building, new speakers to both gyms, and computer compatible flat screen TVs with Blu-ray players in each classroom.

Look for more information on the renovation project including a grand reopening ceremony date on the city's website and facebook page.



During



Before



After

Transforming
HURST
THE OPPORTUNITIES ARE BUILDING



Chisholm Park Field #3 Renovation

As a kid, did you ever dream of playing on a major league quality field? Thanks to Hurst Girls Softball League (HGSL) Vice-President, Arthur Aguilera, players in the HGSL now have that opportunity!

Fans at every Major League Baseball ballpark across the country entered for a chance to win a youth ball field upgrade in their community through the Chevrolet Diamonds & Dreams contest. Mr. Aguilera entered the drawing at the Ranger's Ballpark in Arlington and was selected as the year's first winner of the Chevrolet Diamonds & Dreams program.

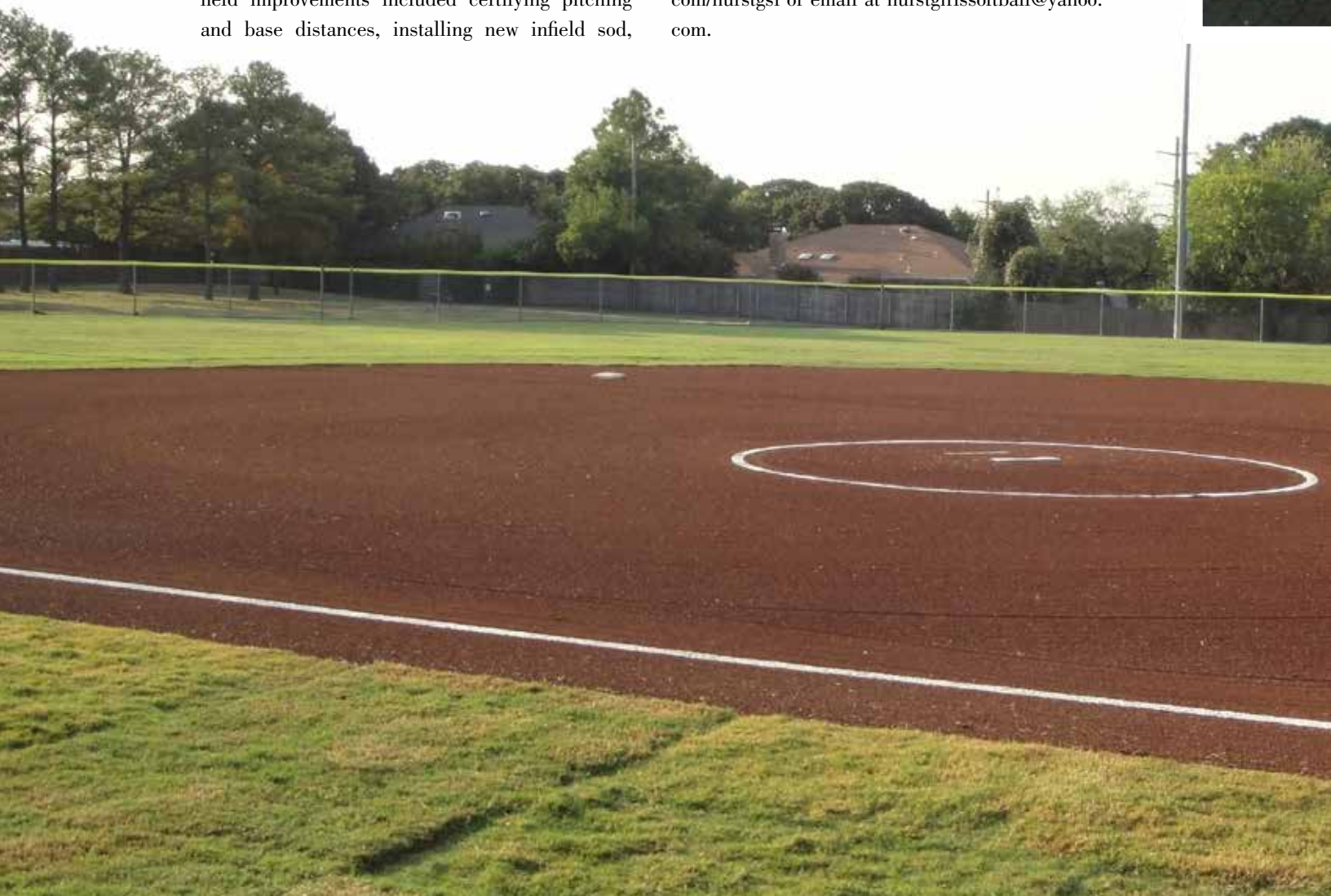
Mr. Aguilera chose Chisholm Park Field #3 to receive renovations which were completed by the Design Group of Baseball Hall of Famer Cal Ripken Jr. with input from the Hurst Parks Division. The field improvements included certifying pitching and base distances, installing new infield sod,

adding soil stabilizer and vitrified clay to reduce run-off and stabilize turf, rebalancing the field to improve the level, grading the infield with a laser guide, and more!

In addition to work done through the Diamonds & Dreams program, the Parks Division also modified the existing backstops by removing the overhang and extending the backstops an additional 10 feet in height. They also made irrigation and drainage improvements to this field to ensure the renovations remain successful. Lastly, padding was installed on the backstop walls to reduce ball deflections

What was once a good field is now a great field!

For more information on the Hurst Girls Softball League, please visit their website at www.eteamz.com/hurstgsl or email at hurstgirlssoftball@yahoo.com.





Extreme Mutt Makeover Winner Chosen

Hurst Animal Services was fortunate to be part of the Humane Society of North Texas (HSNT) Extreme Mutt Makeover (EMM). The EMM began in 2009 when the Humane Society of North Texas was invited by The Mustang Heritage Foundation to provide 10 shelter dogs for one of the most unique and innovative dog adoption events in the country.

The top three dogs competed with their volunteer trainers amidst spectators, all of whom left that evening with a new impression of the “shelter dog.” This year our very own Marko, was hand selected to compete. Marko was chosen based on his ability to handle challenges (loud noise, strange environments, etc) among other criteria. Marko was adopted in early November into a loving home.

New playground gives Hurst park needed facelift

Recently, the Hurst Parks Department replaced the aging playground at Hurst Community Park with a new, state-of-the-art playground for children ages 5 to 12. This new playground features numerous slides and climbing platforms to keep children entertained and active for hours. Along with the playground, specialized poured-in-place safety surfacing was installed underneath the playground. In addition, three large canopies were installed over the playground to provide shade. The swing sets were also replaced and expanded to accommodate more users. The total cost for the purchase and installation of the playground was \$150,000 with the project funding coming from the Community Services Half-Cent Sales Tax Fund.





Hurst 101

The city of Hurst is implementing an exciting new pilot program this year called Hurst 101. This free 9-week program is designed to provide citizens with a better understanding of the workings of our local government. The program will cover a wide range of topics, such as: how the annual budget is developed; how public safety resources are deployed; and what the city does to promote and support the local economy.

The goal of Hurst 101 is to better equip the community to fully participate in the process of building Hurst's future.

Are you interested in participating in this exciting new program? Let us know! Email us at ajohnson@hursttx.gov or call us at 817.788.7029. Stay tuned for further information.

Transforming
HURST
THE OPPORTUNITIES ARE BUILDING





Construction Update

Construction on the Hurst Justice Center is now underway. If you have been to City Hall or the Police Department you've probably noticed quite a bit of dirt and heavy machinery. This phase of construction includes pre-construction site work and utility relocations. Some of what's been happening over the last few weeks:

- Demo of shrubs, flag poles, etc... in the general vicinity of the new electrical room location
- Prepare sub-grade for electrical room slab
- Plan interior conduit layout above existing jail cells
- Locate existing underground fiber optic cable between City Hall and PD

The Police Department will remain open throughout construction and will maintain operations. Construction is expected to be completed late 2013.

Justice Center

Hurst Public Library

901 Precinct Line Road

Phone: 817.788.7300



Read All About It!

Library Hours

Monday, Wednesday, Friday, Saturday

10:00 a.m.-6:00 p.m.

Tuesday & Thursday

10:00 a.m.-9:00 p.m.

Or

VISIT THE LIBRARY ONLINE ANY TIME



Find us on Facebook

www.facebook.com/HurstPublicLibrary

Hurst Public Library
*The place to go
when you need to know!*

Kids' Reading Club Programs

Chapter Chats

For 3rd - 6th graders

7:00 PM

Tuesday, January 8 - **Bluebonnet Book Blast - Promote your favorite as voting is just around the corner.**

Tuesday, February 12 - ***Out of My Mind* by Sharon M. Draper**

Do you love books? Do you enjoy talking about them with others? Here's your chance! Share your views with other kids who have read what you have. Interested parents are welcome, too.

Babygarten

Pre-registration required

For children birth-18 months and an accompanying caregiver

10:30-11:30 AM

Saturdays, January 26-March 2

Babygarten is an educational curriculum involving songs, rhymes and activities that help babies with language acquisition and preliteracy skills. Space is limited, so please register at 817.788.7302.

Puppet People

For 4th-8th graders

4:00-5:00 PM

Wednesday, January 16

Wednesday, February 20

Calling Puppet People—old and new! Would you like to try your hand - or two - at puppetry? Now's your chance! We'll be working on shows for kids this summer. Call 817-788-7302 to register.

Train Car Creations

For all ages

5:00-8:00 PM

Tuesday, January 15

Thursday, January 17

Children of all ages are invited to create their own train cars out of boxes and poster board. A variety of media will be available to design and decorate personal train cars. All participants will be encouraged to show off their creations in the Train Parade on Saturday, January 19.

Train Parade

For all ages

11:00 AM

Saturday, January 19

The Kids' Express will track around the Library for all to enjoy. Come see the train cars kids and families have made or, better yet, be a part of the fun and create your own train car on January 17 and 19! At the end of the line, participants and viewers are invited to a special party celebrating trains.

Bedtime Stories

For all ages

7:00 PM

Tuesday, March 12

Wear your pajamas and slippers and come for some stories and fun that might (or might not!) make you ready for bed!

Teen Reading Club Programs

Anime Club

7th - 12th graders

6:00-8:00 PM

Thursday, January 3

Thursday, February 7

Thursday, March 7

If you enjoy anime—watching it and talking about it—this is the place for you! Come to the Teen Zone with other teens that love anime, just for fun!

Teen Night

7th - 12th graders

7:00 PM

Can't wait to share your thoughts on some popular books? Join together in the Teen Zone to voice your opinions!

Thursday, January 10 - **Craft Night**

Thursday, February 14 - **Game Night - Wii**

College Night

7th - 12th graders

7:00 PM

Tuesday, January 15

Thursday, January 17

Free College Planning Workshop offered through 123 College. To learn more, go to 123college.com

Visit the Library Online Anytime!

www.hurst.lib.tx.us

View the iBistro catalog • Place items on hold • View your own record
Renew materials online • Home access to over 60 databases for research
Download eAudiobooks

Youth Programs

Ongoing Activities

Toddler Time

Ages 1-3 years

Mondays and Thursdays

10:00-10:30 AM

Story Time

Ages 3-6 years

Tuesdays and Wednesdays

10:45-11:15 AM

Chess Club

For elementary ages and up

Mondays

4:00-5:00 PM

Adult & Family Programs

Brown Bag Book Club

First Thursday of the month
Noon

Meet by the fireplace in the Library Reading Alcove for informal book discussion.

December - *Wife 22* by **Melanie Gideon**
January - *Age of Miracles* by **Karen Thompson Walker**
February - *Scent of Rain* by **Nancy Pickard**

Scrapbooking at the Library

10:00 AM-4:00 PM

2nd and 4th Saturday of each month

Do you enjoy scrapbooking, but need more space to spread out and work? Bring your pages, pictures and friends to the library learning center.

AARP Tax Assistance

Noon-4:00 PM

February 5 - April 9

Visit the library to set up your appointment (required).

Programs for All Ages

Masterworks at the Library Evening Performances 7:00 PM

MasterWorks Music Series is an ongoing concert series funded by a grant from the City of Hurst Hotel/Motel Tax Fund in cooperation with Arts Council Northeast. These free concerts are held at 7:00 p.m. on the 4th Thursday of each month at the Hurst Public Library.

Thursday, December 20

Whitehouse Harmony Holiday Bluegrass

Thursday, January 24

TBA

Thursday, February 28

TBA

Early Release Movie Matinee

2:00 PM

Friday, January 18

School's out early! Join us in the library program room for a movie on the big screen. Free popcorn provided by the Friends of the Library, drinks available for 25 cents.

Make and Take Craft

6:30-7:30 PM

Thursday, February 21

Stop by our table in the library lobby for a FREE Seasonal craft for you to make and take home with you.



Family Holiday Open House 6:30-8:00 PM Thursday, December 6

Celebrate the splendor of winter with Holiday on Strings in the library program room. It's a magical, musical marionette treat for the whole family. Create a winter holiday craft, take a picture in our photo booth and enjoy refreshments in the lobby.



Senior Center Hours

Open 5 days a week
Monday-Wednesday, 7:00 AM-7:00 PM
Thursday, 7:00 AM-9:00 PM
Friday, 7:00 AM-7:00 PM

Senior Pipeline

Pick up a copy of *The Senior Pipeline*, the monthly newsletter, for more information on Senior Center programs and activities.

Hurst Senior Center

Membership information

The new Hurst Senior Citizens Activities Center is open to Seniors only, ages 55 and over.

- Membership is required in order to attend and participate in the Senior Center. (Occasionally, we will offer special programs that are open to the general public.)
- Membership begins the day you register and pay, and ends one year from that date. For example, if you register and pay for your membership on February 1, your membership will expire on January 31 of the following year.
- Fees for the new Senior Center are as follows:
 - Hurst Residents - \$20 per membership year. (Equivalent of about \$1.67 per month)
 - Non-Residents - \$80 per membership year. (Equivalent of about \$6.67 per month)

- These fees include many free classes, programs, and activities at the Senior Center, and also include membership in our state-of-the-art Fitness Center.
- Some classes, programs, and activities may require additional fees to cover the cost of supplies, refreshments, and/or instructor fees.

Hurst Senior Center Need to Know



The *Senior Pipeline* is the Center's monthly newsletter and calendar. It is full of information on Senior Center programs and activities. The *Senior Pipeline* is not distributed by postal service. New editions of the *Senior Pipeline* are available on the 3rd Thursday of each month after 1:00 p.m. and you are welcome to come by anytime during operating hours to get a copy. Most programs and activities do require registration/sign-up. Sign-ups begin on the first day of each month at 8:30 a.m. and continue throughout the month. Some classes and programs fill up fast, so we encourage you to come in early to get registered for your preferred activities.

Below you will find a list of some of our regular programs, classes, groups and activities:

- Fitness Classes
 - Zumba Gold
 - Tai Chi & Yoga
 - Fit Start Exercise
 - Line Dancing, Belly Dance, Hawaiian Dance
- Craft Classes
 - Glass Fusion
 - Quilting Classes
 - Beading & Glass Jewelry
 - Painting and Drawing
 - Ceramics
- Computer Classes
 - General Overview for Beginning and Intermediate Users
 - Email
 - File Management
 - Internet Usage
 - Microsoft Word
- Groups
 - Genealogy
 - Grief Support
 - "The Happy Hatters of Hurst", Red Hat Society Chapter
 - Aircraft & Helicopter Science
 - Travel

The Senior Center hosts several Open Activities. There are no fees and no

sign up required. See the Senior Pipeline for day and time details so you can join in on the fun.

- Duplicate & Party Bridge
- Dominoes, "42" and Chicken Foot
- Mah Jongg
- Pinochle
- Ping Pong
- Billiards
- Wii Games

The Senior Center has many monthly held activities. Dances are held on the 2nd and 4th Thursday of every month at 7:00 p.m. Cost is \$5 at the door and it's open to the public age 55+. There are two opportunities for playing FREE Bingo each month. Potluck Bingo is always on the 1st Thursday of the month. Members are asked to bring a side dish or dessert to share. Bingo in the Afternoon is on the 3rd Wednesday of the month and features great prizes and light refreshments. We offer Breakfast Club and Movies & Munchies once a month for only \$3 per person. Space is limited and the menu varies so check the Senior Pipeline for details.

Senior Center Program Highlights

Lunch Program

The Senior Center offers a meal program once a week called "A Quick Bite". On Tuesdays, for only \$5 you get a cup of the soup of the day, your choice of sandwich, a bag of chips, a pickle and your choice of dessert. Grab a friend and stop by the Senior Center for "A Quick Bite".

The lunch program policies and details are as follows:

- You must register at the front desk for lunch and complete an "A Quick Bite" menu selection slip. Payment is expected at the time of registration. Registration can be made between 7:00 a.m. and 7:00 p.m. on Mondays and between 7:00 a.m. and 10:00 a.m. on Tuesdays.
- The kitchen staff and volunteers cannot take money. Please pay

for lunch at the front counter and obtain a receipt. The receipt is only valid for the date the lunch was purchased. No refunds or rain checks for lunches will be issued.

- No reservations will be taken after 10:00 a.m. No exceptions.
- Quantities may be limited and may sell out before 10:00 a.m.
- All meals are encouraged to be consumed on the premises. Taking food home from the meal site is done at your own risk. To go boxes are not available.
- Due to health code policies, personal food items cannot be held in the kitchen refrigerators. Lunches will be available for pick up between noon and 1:00 p.m., on Tuesdays. Lunches not picked up by 1:00 p.m. must be discarded.

Donation Board

Looking for a unique Christmas gift? You can give a loved one the gift of permanent recognition on the Senior Center Donation Board. The donation board located on the east side wall of the building next to the staff offices recognizes donations received which are used to purchase non-budgeted items for the Senior Center. A plaque inscribed with your word choice (space limited) will be placed on the board based on the following levels of donation:

- Bronze - \$250
- Silver - \$500
- Gold - \$1,000
- Platinum - \$2,000+

For more information or to make a donation, contact the Senior Center Director, Linda Rea at 817.788.7710.





Events & Classes

Here are just a FEW of our Upcoming Events and Classes –
(*You must be a member to participate and sign-up may be required*).

November 29, 7:00 PM

Holiday Concert and Reception

Get in the holiday spirit and come enjoy the talented voices of the Southwest Sound Chorus. Southwest Sound is a men's a cappella performing chorus based on the four part close harmony barbershop style of singing. The chorus was formed in 2012 from the merger of the Texas Millionaires and Panther City Troubadours choruses. They have a great program planned with all of your holiday favorites. **FREE!**

December 13, 10:30 AM-1:00 PM

Red Hat Progressive Lunch & Gift Exchange

Join the Happy Hatter's of Hurst for a holiday party. Lunch will progress through holiday designed areas of the Senior Center with each stop featuring a tasty tidbit of seasonal cuisine. Bring a \$10 gift to exchange.

December 19, 9:15 AM

Christmas Brunch & Caroling with Michael O'Hara

Come carol and sing-a-long with entertainer Michael O'Hara as you enjoy a festive morning of Christmas tradition and fare. \$3 per person includes brunch.

December 21, 10:00 AM-Noon – Christmas with Grandkids

Get those grandkids and bring them to the Senior Center for a merry morning of activities. Group led dance by an instructor, pictures with Santa, refreshments, prizes and more! Activities are geared towards children ages 12 and under. \$5 per family.

December 27, 7:00-9:15 PM – Holiday Dance with Russ Dorsey

Music

Dress up in your party finest and come to the last dance of 2012! Listen and dance to all your big band favorites. Invite your friends! You do not have to be a member to attend our dances. Cost is \$5 per person, paid at the door. Light refreshments provided.

January 18, 2:00 PM – Al Nelson Show

Come hear Al Nelson as he presents hits spanning the 50s through the 70s using his own vocal talents, audience participation, comedy and high energy choreography. Al has appeared in Branson, Carnival Cruise Lines and the Majestic Theater, just to name a few and we are so excited to have him come to the Hurst Senior Center! FREE to Hurst Senior Center Members.

February 1-3 – Mardi Gras Bash & Shreveport Treasures

This is a tour you do not want to miss! Be part of Bossier's Mardi Gras Bash and the Krewe of Centaur parade with Patti Tours and the Hurst Senior Center. Trip includes two nights at the Hilton Shreveport, six meals, deluxe motor coach transportation, all tour admissions for included attractions and the tour manager. Cost is \$399 pp/dbl. Registration begins December 3. \$100 deposit due at registration. Optional travel insurance available. Non-members are welcome, but must purchase a Senior Center day pass (\$5/Hurst residents; \$10/non-residents) to register. Flyers with more details are available at the Hurst Senior Center Travel Information Table.

Northeast Senior Jamboree

The Hurst Senior Center was proud to host the 3rd Annual Northeast Senior Jamboree on Friday, September 28. Over 400 seniors from all over Northeast Tarrant County attended the event held in Heritage Village Park and the Senior Center which began with a welcome from Mayor Richard Ward and County Commissioner Gary Fickes.

Everyone enjoyed activities which included carnival games, informational booths, an exercise demonstration, a photo booth, entertainment by the Bedford Ramblers and Ken Nelson, and an appearance by the Dallas Cowboy Cheerleaders.

The Jamboree wrapped up with a free hot dog lunch. The City of Hurst would like to thank everyone for coming and the generous sponsors and volunteers who helped make the event possible!





Want to Get involved?

If you are interested in joining the VIA program, please contact the Community Services Department at 817.788.7305. Volunteer applications can be picked up at the Community Services' offices in the Hurst Public Library or accessed online through the City's website at www.hursttx.gov.

Employee Giving Day

The City of Hurst's 15th Annual Employee Giving Day is just around the corner. This annual event takes place every spring and since it began in 1998 we have helped revitalize older areas of the city as well as help our senior citizens make the needed repairs to their home's exteriors. Over the last 15 years we have assisted more than 60 homes and we are just getting started! Work on the homes mainly consists of landscaping, clean up, scraping and painting. Many of our area businesses donate the cash and supplies needed for this event and city employees provide the labor. We are proud of the work our employees do and we thank all of our local businesses who help to make it possible year after year. This year's Annual Employee Giving Day will take place on April 12 & 13. For more information on how you can get involved, or to nominate your home or someone you know for consideration, please call Michelle Lazo at 817.788.7055.



**Bring your Friends!
Give a Smile!
Step Out!
Represent YOUR City!**

**There are volunteer opportunities
at the Hurst Conference Center!**

Be a Special Event Greeter,
Receptionist, Tour Guide
or Recycling Coordinator
at the Hurst Conference Center.
Weekly and Monthly volunteer
opportunities are available now!

**We look forward
to greeting YOU soon!**




Find Us on Facebook!
www.facebook.com/HurstRecreation


Hurst Recreation Center

If your New Year's resolution is to improve your personal health, wellness and fitness, the Hurst Recreation Center is the place for you. Our very affordable rates for both annual and daily passes will help you accomplish all of your resolutions including the one to save more money in 2013!

Try out our state-of-the-art Fitness Center or the indoor Jogging/Walking Track. Our Cardio Room has treadmills, elliptical crosstrainers, lateral trainers, bikes, stairclimbers, rowing machines, and seated crosstrainers. All of our treadmills and elliptical crosstrainers now have 15" LCD screens, which enable you to watch television, or use your iPod while working out. There is also an extensive selection of pin-selectorized, and plate-loaded strength equipment, as well as dumbbells, and flexibility equipment to round-out your total fitness program. Check out the class listings for all of the opportunities to burn a few, or more than a few, calories in one or more of our fitness classes.

Do you have a group of friends that enjoys playing basketball? Get a team together and play in the Hurst Recreation Division's Adult Basketball League. While you are at the Recreation Center, you can also enjoy a variety of recreational activities. You can shoot some hoops, enjoy some volleyball with your friends, play racquetball, walleyball or table tennis. Equipment used to participate in these activities is available for check out, with your "Quality of Life" Rec Card, at the front desk of the Recreation Center.

If you need a little extra motivation to reach your fitness goals, the Hurst Recreation Center has personal trainers, who are available to custom-design a fitness plan that will meet your needs.

For more information, contact the Front Desk at the Recreation Center 817.788.7325.

Our Commitment to Quality:

Your satisfaction is our goal. . . we strive to provide you with quality recreation programs and we take pride in making your recreation experience an enjoyable one. Join us this season for recreational, educational, and life-long learning opportunities. If you

are not completely satisfied with your recreational experience, please call us at 817.788.7325 to share your concerns and suggestions for improvement. Thank you for choosing Hurst Parks and Recreation.

Mission Statement

The Hurst Recreation Division is dedicated to improving the quality of life for citizens of all ages by providing a variety of recreational activities, special events, facilities, and services that encourage life-long learning, fitness and fun.

35

Pre-School Programs

3 Years & Younger

Mozart's Twos

(18 months-2 years)

Can you imagine the beautiful music your 2-year old and their new friends will create with musical instruments? They will play musical instruments and games. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

| | | | | | |
|---------|---|---------------|------|-----|------|
| 11000-A | M | 5:00-5:30PM | 8WKS | 1/7 | \$24 |
| 11000-B | W | 10:00-10:30AM | 8WKS | 1/9 | \$24 |

Cowboy Fun 101

(18 months-2 years)

Let's have a rooting tooting fun time creating rodeo animals! (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

| | | | | | |
|---------|---|--------------|------|-----|------|
| 11777-A | M | 4:30-5:00PM | 8WKS | 1/7 | \$30 |
| 11777-B | W | 9:30-10:00AM | 8WKS | 1/9 | \$30 |

Mom & Me Soccer (1-2 years)

Time to not only play with your tot, but get some exercise as well! We will learn the basics of soccer and how to make a GOOOOOOOAAAAALLLLL! (Tennis shoes required.)

Instructor: Stacie Castillo

| | | | | | |
|---------|---|-------------|------|------|------|
| 11700-A | F | 8:30-9:00AM | 8WKS | 1/11 | \$22 |
|---------|---|-------------|------|------|------|

Awesome Twos (2 years)

Let's get together and play! We will learn our shapes and colors, create crafts and just have a blast playing and learning at the same time! (Supply Fee \$10)

Instructor: Dottie Nicholson

| | | | | | |
|---------|---|-------------|------|-----|------|
| 11090-A | M | 9:00-9:45AM | 8WKS | 1/7 | \$24 |
|---------|---|-------------|------|-----|------|

Parent & Me, Music & Movement (2 years)

Music, parachute play and obstacle courses are just part of the fun you will enjoy with your child in this class.

Instructor: Dottie Nicholson

| | | | | | |
|---------|---|-------------|------|------|------|
| 11095-A | F | 9:00-9:45AM | 8WKS | 1/11 | \$24 |
|---------|---|-------------|------|------|------|

Little Painters (2 years)

We'll create masterpieces using finger paints, stencils, sponges, and even rocks! (Supply Fee \$5.)

Instructor: Dottie Nicholson

| | | | | | |
|---------|---|---------------|------|-----|------|
| 11333-A | M | 10:00-10:30AM | 8WKS | 1/7 | \$24 |
|---------|---|---------------|------|-----|------|

Down on the Farm (2 years)

Come on down to the farm and explore the nature around us. We will learn all about the farm and the animals that live there. (Supply Fee \$5)

Instructor: Dottie Nicholson

| | | | | | |
|---------|---|---------------|------|------|------|
| 11195-A | F | 10:00-10:45AM | 8WKS | 1/11 | \$24 |
|---------|---|---------------|------|------|------|

3 Years & Older

NEW! Around the World in Eight Weeks

(3-6 years)

How many continents are there? Come find out as we journey around the world! We will be making stops all along the way to explore the continents through music, books, art and map study. We will discover what the weather is like learn about the different kinds of animals that live on each continent.

Instructor: Sunnye Simpson

| | | | | | |
|---------|----|--------------|------|------|------|
| 11555-A | TH | 9:45-10:30AM | 8WKS | 1/10 | \$24 |
|---------|----|--------------|------|------|------|

NEW! Classical Kids-Art (3-6 years)

Who were VanGogh, Monet, and Picasso? Come join us as we discover several famous artists from long ago. (one artist each week) We will read books and look at pictures of their real artwork and even attempt to recreate some of their most famous pieces.

Instructor: Sunnye Simpson

| | | | | | |
|---------|----|---------------|------|------|------|
| 11654-A | TH | 10:45-11:15AM | 8WKS | 1/10 | \$24 |
|---------|----|---------------|------|------|------|

NEW! Classical Kids-Music (3-6 years)

Who were Mozart, Beethoven, and Bach? Come join us as we discover several famous musicians from long ago. We will read books, play games and listen to music. We will even use instruments to make music of our own.

Instructor: Sunnye Simpson

| | | | | | |
|---------|----|------------|------|------|------|
| 11234-A | TH | 11:30-Noon | 8WKS | 1/10 | \$24 |
|---------|----|------------|------|------|------|

Movin' Groovin' (3-5 years)

Come learn to have fun while moving our bodies. "Drill Sergeant Mary" will lead the way through relays and games. We will also work on waiting in lines, following directions, and our manners.

Instructor: Mary Cassidy (Certified School Teacher)

| | | | | | |
|---------|---|------------|------|-----|------|
| 11100-A | T | 11:30-Noon | 8WKS | 1/8 | \$22 |
|---------|---|------------|------|-----|------|

Phonics Fun - Step I (3-5 years)

Come one, come all to the big sounds of letters. You will learn pre-reading skills through games and activities that teach phonics. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

| | | | | | |
|---------|----|-------------|------|------|------|
| 11030-A | M | 9:00-9:45AM | 8WKS | 1/7 | \$24 |
| 11030-B | TH | 9:00-9:45AM | 8WKS | 1/10 | \$24 |

Phonics Fun - Step II (3-5 years)

Ready for more phonics? Come take the next step of Phonics Fun and learn some more! (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

| | | | | | |
|---------|----|---------------|------|------|------|
| 11035-A | M | 10:30-11:15AM | 8WKS | 1/7 | \$24 |
| 11035-B | TH | 10:30-11:15AM | 8WKS | 1/10 | \$24 |

Hands on Math (3-5 years)

Let's learn numbers the fun way! We will learn to add, subtract, and count. We will also use musical instruments to help us have fun while learning! (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

| | | | | | |
|---------|----|--------------|------|------|------|
| 11205-A | M | 9:45-10:30AM | 8WKS | 1/7 | \$24 |
| 11205-B | TH | 9:45-10:30AM | 8WKS | 1/10 | \$24 |

Kooky Science Fun (3-5 years)

We'll explore the world of science through exciting experiments. Science will knock your socks off! (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

| | | | | | |
|---------|----|------------|------|------|------|
| 11025-A | TH | 11:15-Noon | 8WKS | 1/10 | \$24 |
|---------|----|------------|------|------|------|

Preschool & Youth Programs:

Just a couple of reminders...

With your child's best interest in mind, we ask that parents not remain in the classroom after the class begins. Our instructors have found that their quality of instruction is affected by parental distractions and interruptions.

In order to provide the best learning environment, children 3-5 years must be toilet trained.

NEW! Rodeo Fun 101 (3-5 years)

Come use your fine motor skills creating animals that you will see at the rodeo! Join us for a rocking good time! (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

| | | | | | |
|---------|---|--------------|------|-----|------|
| 11015-A | T | 9:30-10:20AM | 8WKS | 1/8 | \$24 |
|---------|---|--------------|------|-----|------|

Let's Paint (3-5 years)

We'll create masterpieces using finger paints, stencils, sponges, and even rocks! (Supply Fee \$5.)

Instructor: Dottie Nicholson

| | | | | | |
|---------|---|---------------|------|-----|------|
| 11115-A | W | 10:45-11:15AM | 8WKS | 1/9 | \$24 |
|---------|---|---------------|------|-----|------|

Alphabet Fun (3-5 years)

Let's play and learn about the alphabet through stories, games, and lots of practice! (Supply Fee \$10)

Instructor: Dottie Nicholson

| | | | | | |
|---------|---|--------------|------|-----|------|
| 11130-A | W | 9:45-10:30AM | 8WKS | 1/9 | \$24 |
|---------|---|--------------|------|-----|------|

NEW! Things that Go (3-5 years)

Wonder what makes things go? We'll have hands on fun, create crafts, and read stories. (Supply Fee \$10)

Instructor: Dottie Nicholson

| | | | | | |
|---------|---|-------------|------|-----|------|
| 11900-A | W | 9:00-9:30AM | 8WKS | 1/9 | \$24 |
|---------|---|-------------|------|-----|------|

Messy on Purpose! (3-6 years)

Do you like making a mess? Let's do it together! We will make a mess with homemade clay, shaving cream, and pudding, just to name a few. (Supply Fee \$10)

Instructor: Dottie Nicholson

| | | | | | |
|---------|---|---------------|------|-----|------|
| 11350-A | M | 10:45-11:15AM | 8WKS | 1/7 | \$22 |
|---------|---|---------------|------|-----|------|

NEW! Music Jamboree (3-6 years)

Do you enjoy making your own music? We'll make instruments and learn how to carry a beat. (Supply Fee \$10)

Instructor: Dottie Nicholson

| | | | | | |
|---------|---|---------------|------|------|------|
| 11222-A | F | 11:00-11:30AM | 8WKS | 1/11 | \$24 |
|---------|---|---------------|------|------|------|

International Cooking Flare (3-6 years)

We will learn about different countries and what kids there like to eat. We might even make something that you already like to eat! (Supply Fee \$10)

Instructor: Dottie Nicholson

| | | | | | |
|---------|---|---------------|------|------|------|
| 11250-A | F | 11:45-12:30PM | 8WKS | 1/11 | \$24 |
|---------|---|---------------|------|------|------|

Texas Dinosaurs (3-6 years)

Do you LOVE dinosaurs? Come learn about all of the different dinosaurs that roamed Texas. We will have a great time learning through games, crafts, and stories. (Supply Fee \$10)

Instructor: Dottie Nicholson

| | | | | | |
|---------|---|---------------|------|-----|------|
| 11666-A | M | 11:30-12:15PM | 8WKS | 1/7 | \$22 |
|---------|---|---------------|------|-----|------|

Yes, I Can Draw (3-5 years)

Yes, you can draw! You will develop your fine motor skills by putting your creativity to work through drawing. (Supply list)

Instructor: Mary Cassidy (Certified School Teacher)

| | | | | | |
|---------|---|-------------|------|-----|------|
| 11010-A | T | 9:00-9:30AM | 8WKS | 1/8 | \$22 |
|---------|---|-------------|------|-----|------|

Healthy Chef (3-5 years)

Calling all preschoolers to the kitchen for some fun! Come learn how to create a healthy breakfast, lunch, and dinner. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

| | | | | | |
|---------|---|---------------|------|-----|------|
| 11170-A | T | 10:30-11:15AM | 8WKS | 1/8 | \$24 |
|---------|---|---------------|------|-----|------|

Pre-School Computers (3-4 years)

In this tech-savvy class for preschoolers, your child will learn the proper way to turn the computer on and off, how to use the mouse, all while having fun with Elmo and other pre-school programs.

Instructor: Vickie McMeans

(3 years)

| | | | | | |
|---------|----|-------------|------|------|------|
| 11800-A | TH | 8:30-9:00AM | 8WKS | 1/10 | \$24 |
|---------|----|-------------|------|------|------|

(4 years)

| | | | | | |
|---------|----|-------------|------|------|------|
| 11800-B | TH | 9:00-9:30AM | 8WKS | 1/10 | \$24 |
|---------|----|-------------|------|------|------|

Ballet for Tots (3-5 years)

In this class your tot will become familiar with basic barre and center work. We will also work on counting, tempo, distinguishing our right from our left, and other foundational dance concepts. (Ballet shoes required.)

Instructor: LaTisha Clay

| | | | | | |
|---------|---|---------------|------|-----|------|
| 11180-A | T | 10:30-11:00AM | 8WKS | 1/8 | \$26 |
|---------|---|---------------|------|-----|------|

| | | | | | |
|---------|---|---------------|------|-----|------|
| 11180-B | W | 10:30-11:00AM | 8WKS | 1/9 | \$26 |
|---------|---|---------------|------|-----|------|

Tiny Dancer (3-7 years)

Your tiny dancer will learn tap, ballet, and rhythmic movements. (Ballet and tap shoes are required.)

Instructor: LaTisha Clay

(3-5 years)

| | | | | | |
|---------|---|---------------|------|-----|------|
| 11060-A | T | 11:00-11:45AM | 8WKS | 1/8 | \$28 |
|---------|---|---------------|------|-----|------|

| | | | | | |
|---------|---|---------------|------|-----|------|
| 11060-B | W | 11:00-11:45AM | 8WKS | 1/9 | \$28 |
|---------|---|---------------|------|-----|------|

Instructor: Sherrie Longino

(3-4 years)

| | | | | | |
|---------|---|-------------|------|------|------|
| 11060-C | S | 9:05-9:35AM | 8WKS | 1/12 | \$28 |
|---------|---|-------------|------|------|------|

Instructor: Sherrie Longino

(5-7 years)

| | | | | | |
|---------|---|--------------|------|------|------|
| 11060-D | S | 9:40-10:10AM | 8WKS | 1/12 | \$28 |
|---------|---|--------------|------|------|------|

Pre-School Athletics (4-5 years)

Let's get moving this fall with Athletics! We will follow a typical PE format including individual skills as well as team interaction. (Athletic shoes required.)

Instructor: Tammy Slovensky

| | | | | | |
|---------|---|------------|------|-----|------|
| 11300-A | W | 11:30-Noon | 8WKS | 1/9 | \$28 |
|---------|---|------------|------|-----|------|

Little Tyke Soccer (4-6 years)

GGG000AAALLL! You will get your feet running and learn the basics of the world's most popular sport. (Athletic shoes required)

Instructor: Staci Castillo

(3-4 years)

| | | | | | |
|---------|---|-------------|------|------|------|
| 11600-A | F | 9:00-9:30AM | 8WKS | 1/11 | \$22 |
|---------|---|-------------|------|------|------|

(3-5 years)

| | | | | | |
|---------|---|--------------|------|------|------|
| 11600-B | F | 9:30-10:00AM | 8WKS | 1/11 | \$22 |
|---------|---|--------------|------|------|------|

(5-6 years)

| | | | | | |
|---------|---|-------------|------|-----|------|
| 11600-C | W | 5:30-6:00PM | 8WKS | 1/9 | \$22 |
|---------|---|-------------|------|-----|------|

Little Tyke Basketball (4-6 years)

Is the NBA in your future? Come get the ball bouncing and learn the basics to get started. (Athletic shoes required.)

Instructor: Stacie Castillo

| | | | | | |
|---------|---|---------------|------|------|------|
| 11500-A | F | 10:00-10:30AM | 8WKS | 1/11 | \$22 |
|---------|---|---------------|------|------|------|

One Time Classes

Sweets for the Sweet (3-12 years)

Come create chocolate candy for Valentine's Day. We will not use nuts or nut products. (Supply Fee \$12)

Instructor: Mary Cassidy (Certified School Teacher)
(3-5 years)

| | | | | | |
|---------|---|-------------|-----|-----|------|
| 11444-A | S | 10:00-11:30 | 1WK | 2/9 | \$12 |
|---------|---|-------------|-----|-----|------|

(6-12 years)

| | | | | | |
|---------|---|------------|-----|-----|------|
| 21110-A | S | 11:30-1:30 | 1WK | 2/9 | \$12 |
|---------|---|------------|-----|-----|------|

NEW! Ready for Kindergarten Prep Program (4-5 years)

Let's get ready for Kindergarten! The program will meet Monday – Thursday from 8:30 – 2:30 p.m and is an on-going program following the HEB ISD School Calendar.

The class will be structured like Kindergarten and prepare your child for their big step into formal education with the goal is help each child develop a love of learning in a safe and caring environment. The children will be exposed to reading, writing, math, and science.

Our teacher, Anne Stokes, graduated from Indiana University with a B.S. in Education majoring in Elementary Education and a minor in Early Childhood Education and Reading. She has taught Kindergarten and first grade for the last 9 years in the Dallas/Ft. Worth area.

The monthly fee of \$295 is due by the first class of each month. If the fee is not paid by the first class of the month, the child will not be able to participate in class. The class is limited to 12 children and is a school year commitment. A \$25 supply fee will be due to the instructor on the on the first day of class in January.

Instructor: Anne Stokes (Certified School Teacher)

December

| | | | | | |
|---------|------|-------------|--------|------|-------|
| 18050-E | M-TH | 8:30-2:30PM | 2.5WKS | 12/3 | \$185 |
|---------|------|-------------|--------|------|-------|

January

| | | | | | |
|---------|------|-------------|------|-----|-------|
| 11050-A | M-TH | 8:30-2:30PM | 4WKS | 1/2 | \$295 |
|---------|------|-------------|------|-----|-------|

February

| | | | | | |
|---------|------|-------------|------|-----|-------|
| 11050-B | M-TH | 8:30-2:30PM | 4WKS | 2/4 | \$295 |
|---------|------|-------------|------|-----|-------|

March

| | | | | | |
|---------|------|-------------|------|-----|-------|
| 11050-C | M-TH | 8:30-2:30PM | 3WKS | 3/4 | \$222 |
|---------|------|-------------|------|-----|-------|





Youth Programs

3-in-1 Dance Combo Class

(5-16 years)

Are you looking for a class that has it all? You will get a taste of ballet, tap, and jazz all in the same class! (Ballet, tap, and jazz shoes required.)

Instructor: LaTisha Clay

(5-10 years)

| | | | | | |
|---------|---|-------------|------|-----|------|
| 21300-A | T | 4:00-5:15PM | 8WKS | 1/8 | \$32 |
|---------|---|-------------|------|-----|------|

Instructor: Sherri Longino

(8-12 years)

| | | | | | |
|---------|---|---------------|------|------|------|
| 21300-B | S | 10:15-11:15AM | 8WKS | 1/12 | \$26 |
|---------|---|---------------|------|------|------|

(12-16 years)

| | | | | | |
|---------|---|---------------|------|------|------|
| 21300-C | S | 11:20-12:20PM | 8WKS | 1/12 | \$26 |
|---------|---|---------------|------|------|------|

Hip-Hop Dance (5-10 years)

In this class you will learn the basics of hip-hop dancing. We will also work on technique, phrasing, timing, and other foundational dance concepts. (Sneakers required)

Instructor: LaTisha Clay

| | | | | | |
|---------|---|-------------|------|-----|------|
| 21070-A | W | 4:00-4:45PM | 8WKS | 1/9 | \$28 |
|---------|---|-------------|------|-----|------|

Creative Dance (7-12 years)

Do you love listening and dancing to music? We'll get those creative juices flowing and our bodies moving!

Instructor: Adam Jupiter

| | | | | | |
|---------|---|-------------|------|------|------|
| 21075-A | S | Noon-1:00PM | 8WKS | 1/12 | \$28 |
|---------|---|-------------|------|------|------|

Yes, I Can Draw (6-12 years)

Yes, you can draw! You will develop your fine motor skills by putting your creativity to work through drawing. (Supply list)

Instructor: Mary Cassidy (Certified School Teacher)

| | | | | | |
|---------|---|-------------|------|-----|------|
| 21170-A | T | 4:30-5:30PM | 8WKS | 1/8 | \$24 |
|---------|---|-------------|------|-----|------|

Water Coloring (6-12 years)

Calling all kids! Come explore your creative side by creating your very own watercolors. You will learn about color combinations and different applications. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

| | | | | | |
|---------|---|-------------|------|-----|------|
| 21090-A | T | 5:30-6:30PM | 8WKS | 1/8 | \$24 |
|---------|---|-------------|------|-----|------|

Kooky Science Fun (6-12 years)

We'll explore the world of science through exciting experiments. Science will knock your socks off! (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

| | | | | | |
|---------|---|---------------|------|-----|------|
| 21190-A | W | 11:50-12:30PM | 8WKS | 1/9 | \$24 |
|---------|---|---------------|------|-----|------|

Healthy Chef (6-12 years)

Come learn how to create a healthy breakfast, lunch and dinner. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

| | | | | | |
|---------|---|--------------|------|-----|------|
| 21060-A | W | 12:30-1:15PM | 8WKS | 1/9 | \$24 |
|---------|---|--------------|------|-----|------|

Homeschool Art (6-12 years)

Art is all around us. You will learn about different kinds of art, including painting, drawing, and sculpting. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

| | | | | | |
|---------|---|---------------|------|-----|------|
| 21040-A | W | 11:00-11:50AM | 8WKS | 1/9 | \$24 |
|---------|---|---------------|------|-----|------|

NEW! Basic Art (7-12 years)

Explore different art projects from drawing to shading, sculpting, water coloring and much more! (Supply Fee \$5)

Instructor: Stacie and Keely Castillo

| | | | | | |
|---------|---|-------------|------|-----|------|
| 21050-A | W | 4:45-5:15PM | 8WKS | 1/9 | \$24 |
|---------|---|-------------|------|-----|------|

Soccer Skills (7-12 years)

Are you looking to improve your soccer skills? Grab your athletic shoes and ball, and let's get started! We will go over your basic skills and begin working on more advanced skills. (Athletic shoes required.)

Instructor: Stacie and Keely Castillo

| | | | | | |
|---------|---|-------------|------|-----|------|
| 21500-A | W | 6:00-6:30PM | 8WKS | 1/9 | \$22 |
|---------|---|-------------|------|-----|------|

Basketball Basics (7-12 years)

Is the NBA in your future? Come get the ball bouncing and learn the basics to get started. (Athletic shoes required.)

Instructor: Stacie and Keely Castillo

| | | | | | |
|---------|---|-------------|------|-----|------|
| 21030-A | W | 6:30-7:00PM | 8WKS | 1/9 | \$22 |
|---------|---|-------------|------|-----|------|

Volleyball Beginners Basics (6-12 years)

Do you have an interest in playing volleyball? We will learn the basics to get you started. (Tennis shoes required.)

Instructor: Shanell Jupiter

Girls Only

| | | | | | |
|---------|---|---------------|------|------|------|
| 21035-A | S | 10:00-10:30AM | 8WKS | 1/12 | \$22 |
|---------|---|---------------|------|------|------|

Boys and Girls

| | | | | | |
|---------|---|---------------|------|------|------|
| 21035-B | S | 10:40-11:10AM | 8WKS | 1/12 | \$22 |
|---------|---|---------------|------|------|------|

Sewing Club (7-12 years)

Get those creative juices flowing! We will learn basic sewing techniques by hand and by machines. We will also learn how to select and sew by using a pattern. (Supply Fee \$25 and includes all supplies except for scissors.)

Instructor: Dottie Nicholson

| | | | | | |
|---------|---|-------------|------|-----|------|
| 21420-A | T | 4:00-5:00PM | 8WKS | 1/8 | \$28 |
|---------|---|-------------|------|-----|------|

ITF - Tae Kwon Do (5+ years)

ITF-Tae Kwon Do is the only original and traditional Korean Tae Kwon Do in D/FW. You will increase your flexibility, physical fitness, self defense, self control, discipline, stress relief, self esteem, and concentration.

Instructor: Jonathan Nguyen/Bart Powell (member of ITF-Unified and Grandmaster Van Binh)

(White and Yellow Belts)

| | | | | | |
|---------|---|--------------|------|------|------|
| 21700-A | S | 9:05-10:05AM | 8WKS | 1/12 | \$56 |
|---------|---|--------------|------|------|------|

(Green Belts)

| | | | | | |
|---------|---|---------------|------|------|------|
| 21700-B | S | 10:10-11:10AM | 8WKS | 1/12 | \$56 |
|---------|---|---------------|------|------|------|

Olympic Sport of Judo (6-12 years)

Judo has been an Olympic sport since 1964. Here is your chance to learn the sport of Judo from a 9-time National medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. This is an on-going monthly class.

Instructor: Kim Mesa (5th degree black belt and certified USA Judo International Coach)

December

| | | | | | |
|---------|---|--------------|------|------|------|
| 28900-D | M | 6:00-7:00PM | 4WKS | 12/3 | \$35 |
| | S | 9:05-10:00AM | | | |

January

| | | | | | |
|---------|---|--------------|------|-----|------|
| 21900-A | M | 6:00-7:00PM | 4WKS | 1/5 | \$35 |
| | S | 9:05-10:00AM | | | |

February

| | | | | | |
|---------|---|--------------|------|-----|------|
| 21900-B | M | 6:00-7:00PM | 4WKS | 2/2 | \$35 |
| | S | 9:05-10:00AM | | | |

March

| | | | | | |
|---------|---|--------------|------|-----|------|
| 21900-C | M | 6:00-7:00PM | 4WKS | 3/2 | \$35 |
| | S | 9:05-10:00AM | | | |

Homeschool Judo Program (6+ years)

Here is a great opportunity for Homeschoolers looking for physical activities to compliment their studies! Judo was founded in 1882 and focuses on throwing and grappling techniques. You will not only increase your overall fitness level, but will also gain self confidence and discipline. The instructor, Ron Stokes, has 57 years of active Judo experience as a coach and competitor.

This is an on-going monthly class.

Instructor: Ron Stokes

December

| | | | | | |
|---------|----|-------------|------|------|------|
| 28400-D | MW | 1:00-2:00PM | 4WKS | 12/3 | \$35 |
|---------|----|-------------|------|------|------|

January

| | | | | | |
|---------|----|-------------|------|-----|------|
| 21400-A | MW | 1:00-2:00PM | 4WKS | 1/2 | \$35 |
|---------|----|-------------|------|-----|------|

February

| | | | | | |
|---------|----|-------------|------|-----|------|
| 21400-B | MW | 1:00-2:00PM | 4WKS | 2/4 | \$35 |
|---------|----|-------------|------|-----|------|

March

| | | | | | |
|---------|----|-------------|------|-----|------|
| 21400-C | MW | 1:00-2:00PM | 4WKS | 3/4 | \$35 |
|---------|----|-------------|------|-----|------|

Karate/Self-Defense (5-15 years)

Several forms of martial arts have been blended into a practical system of self-defense designed to combat various situations. You will learn how to handle situations both physically and mentally. Fees for belt testing and uniforms are paid to the instructor.

Instructor: Bob Klavitter

Beginner: (8-15 years)

| | | | | | |
|---------|---|-------------|------|-----|------|
| 21111-A | M | 6:00-8:00PM | 8WKS | 1/7 | \$34 |
|---------|---|-------------|------|-----|------|

Beginner: (5-7 years)

| | | | | | |
|---------|----|-------------|------|-----|------|
| 21111-B | MW | 4:00-5:00PM | 8WKS | 1/7 | \$34 |
|---------|----|-------------|------|-----|------|

Advanced: (8-15 years)

| | | | | | |
|---------|----|-------------|------|-----|------|
| 21111-C | MW | 5:00-6:00PM | 8WKS | 1/7 | \$34 |
|---------|----|-------------|------|-----|------|

Gymnastics Programs

Parent/Tot Tumbling (16-36 mos)

A fun class for you and your child to build a growing relationship through the learning of basic motor skills, tumbling, and coordination.

One child per parent.

Instructor: Tammy Slovensky

| | | | | | |
|---------|---|--------------|------|-----|------|
| 31040-A | M | 9:30-10:00AM | 8WKS | 1/7 | \$22 |
|---------|---|--------------|------|-----|------|

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|---------|---|--------------|------|-----|------|
| 31040-B | T | 9:30-10:00AM | 8WKS | 1/8 | \$22 |
|---------|---|--------------|------|-----|------|

| | | | | | |
|---------|---|--------------|------|-----|------|
| 31040-C | W | 9:30-10:00AM | 8WKS | 1/9 | \$22 |
|---------|---|--------------|------|-----|------|

| | | | | | |
|---------|----|--------------|------|------|------|
| 31040-D | TH | 9:30-10:00AM | 8WKS | 1/10 | \$22 |
|---------|----|--------------|------|------|------|

Instructor: Miranda Slovensky

| | | | | | |
|---------|---|-------------|------|-----|------|
| 31040-E | M | 5:30-6:00PM | 8WKS | 1/7 | \$22 |
|---------|---|-------------|------|-----|------|

| | | | | | |
|---------|----|-------------|------|------|------|
| 31040-F | TH | 6:00-6:30PM | 8WKS | 1/10 | \$22 |
|---------|----|-------------|------|------|------|

Instructor: Kathryn Cassidy

| | | | | | |
|---------|---|---------------|------|-----|------|
| 31040-G | T | 11:00-11:30AM | 8WKS | 1/8 | \$22 |
|---------|---|---------------|------|-----|------|

| | | | | | |
|---------|---|-------------|------|-----|------|
| 31040-H | T | 4:00-4:30PM | 8WKS | 1/8 | \$22 |
|---------|---|-------------|------|-----|------|

| | | | | | |
|---------|----|---------------|------|------|------|
| 31040-I | TH | 11:00-11:30AM | 8WKS | 1/10 | \$22 |
|---------|----|---------------|------|------|------|

| | | | | | |
|---------|----|-------------|------|------|------|
| 31040-J | TH | 4:00-4:30PM | 8WKS | 1/10 | \$22 |
|---------|----|-------------|------|------|------|

Tiny Tikes (2.5-3.5 years)

Here's a class that introduces your child to the basic motor skills for tumbling and acquaints tots with the gymnastics equipment.

Instructor: Tammy Slovensky

| | | | | | |
|---------|---|---------------|------|-----|------|
| 31030-A | M | 10:00-10:30AM | 8WKS | 1/7 | \$22 |
|---------|---|---------------|------|-----|------|

| | | | | | |
|---------|---|---------------|------|-----|------|
| 31030-B | T | 10:00-10:30AM | 8WKS | 1/8 | \$22 |
|---------|---|---------------|------|-----|------|

| | | | | | |
|---------|---|---------------|------|-----|------|
| 31030-C | W | 10:00-10:30AM | 8WKS | 1/9 | \$22 |
|---------|---|---------------|------|-----|------|

| | | | | | |
|---------|----|---------------|------|------|------|
| 31030-D | TH | 10:00-10:30AM | 8WKS | 1/10 | \$22 |
|---------|----|---------------|------|------|------|

Instructor: Kathryn Cassidy

| | | | | | |
|---------|---|-------------|------|-----|------|
| 31030-E | T | 9:00-9:30AM | 8WKS | 1/8 | \$22 |
|---------|---|-------------|------|-----|------|

| | | | | | |
|---------|----|-------------|------|------|------|
| 31030-F | TH | 9:00-9:30AM | 8WKS | 1/10 | \$22 |
|---------|----|-------------|------|------|------|

Instructor: Marinda Slovensky

| | | | | | |
|---------|---|-------------|------|-----|------|
| 31030-G | M | 5:00-5:30PM | 8WKS | 1/7 | \$22 |
|---------|---|-------------|------|-----|------|

| | | | | | |
|---------|---|-------------|------|-----|------|
| 31030-H | W | 5:00-5:30PM | 8WKS | 1/9 | \$22 |
|---------|---|-------------|------|-----|------|

| | | | | | |
|---------|----|-------------|------|------|------|
| 31030-I | TH | 5:30-6:00PM | 8WKS | 1/10 | \$22 |
|---------|----|-------------|------|------|------|

Please Remember

With your child's best interest in mind, we ask that parents not remain in the classroom after the class begins. Our instructors have found that their quality of instruction is affected by parental distractions and interruptions.

Help Us Help You!

Please enroll early!

Help us keep your favorite classes around by enrolling early. There is a point when classes must be cancelled due to low enrollment. Help us prevent course cancellations by registering early.

Tumbling Tots I (3-4 years)

Your tot will strengthen motor skills and enhance their coordination while learning tumbling skills and the use of all gymnastics equipment.

Instructor: Tammy Slovensky

| | | | | | |
|---------|----|---------------|------|------|------|
| 31011-A | M | 10:30-11:00AM | 8WKS | 1/7 | \$22 |
| 31011-B | T | 10:30-11:00AM | 8WKS | 1/8 | \$22 |
| 31011-C | W | 10:30-11:00AM | 8WKS | 1/9 | \$22 |
| 31011-D | TH | 10:30-11:00AM | 8WKS | 1/10 | \$22 |

Instructor: Kathryn Cassidy

| | | | | | |
|---------|----|--------------|------|------|------|
| 31011-E | M | 4:00-4:30PM | 8WKS | 1/7 | \$22 |
| 31011-F | T | 9:30-10:00AM | 8WKS | 1/8 | \$22 |
| 31011-G | TH | 9:30-10:00AM | 8WKS | 1/10 | \$22 |
| 31011-H | TH | 5:30-6:00PM | 8WKS | 1/10 | \$22 |

Instructor: Marinda Slovensky

| | | | | | |
|---------|----|-------------|------|------|------|
| 31011-I | W | 5:30-6:00PM | 8WKS | 1/9 | \$22 |
| 31011-J | TH | 5:00-5:30PM | 8WKS | 1/10 | \$22 |

Tumbling Tots II (4-5 years)

Your tumbler will learn more advanced movements while mastering the skills introduced in Level I.

Instructor: Tammy Slovensky

| | | | | | |
|---------|----|---------------|------|------|------|
| 31022-A | M | 11:00-11:30AM | 8WKS | 1/7 | \$22 |
| 31022-B | T | 11:00-11:30AM | 8WKS | 1/8 | \$22 |
| 31022-C | W | 11:00-11:30AM | 8WKS | 1/9 | \$22 |
| 31022-D | TH | 11:00-11:30AM | 8WKS | 1/10 | \$22 |

Instructor: Kathryn Cassidy

| | | | | | |
|---------|----|---------------|------|------|------|
| 31022-E | T | 10:00-10:30AM | 8WKS | 1/8 | \$22 |
| 31022-F | TH | 10:00-10:30AM | 8WKS | 1/10 | \$22 |
| 31022-G | TH | 6:00-6:30PM | 8WKS | 1/10 | \$22 |

Tumbling Tots III (4-6 years)

This class is designed for tumblers who have already taken Tumbling Tots I and Tumbling Tots II. Your child must be able to do a forward roll and a cartwheel.

Instructor: Kathryn Cassidy

| | | | | | |
|---------|----|---------------|------|------|------|
| 31033-A | T | 10:30-11:00AM | 8WKS | 1/8 | \$22 |
| 31033-B | TH | 10:30-11:00AM | 8WKS | 1/10 | \$22 |

Beginner Gymnastics (5-10 years)

You will learn body control while performing the basic fundamentals of gymnastics and dance on the floor, beam, bars, and vault.

Instructor: Kathryn Cassidy

(5-10 years)

| | | | | | |
|---------|----|-------------|------|------|------|
| 31051-A | M | 4:30-5:30PM | 8WKS | 1/7 | \$26 |
| 31051-B | M | 5:30-6:30PM | 8WKS | 1/7 | \$26 |
| 31051-C | T | 4:30-5:30PM | 8WKS | 1/8 | \$26 |
| 31051-D | T | 5:30-6:30PM | 8WKS | 1/8 | \$26 |
| 31051-E | TH | 4:30-5:30PM | 8WKS | 1/10 | \$26 |

Instructor: Miranda Slovensky

(5-7 years)

| | | | | | |
|---------|---|-------------|------|-----|------|
| 31051-F | M | 4:00-5:00PM | 8WKS | 1/7 | \$26 |
| 31051-G | W | 6:00-7:00PM | 8WKS | 1/9 | \$26 |

Tumbling for Beginning Competitive Gymnasts (8-14 years)

If you are gearing up to start competitive gymnastics, this class will help you with your tumbling. We will work on connecting your cartwheels, front and back hand springs, round offs, back walkovers, and more. (You will need to be able to do handstand and bridge up.)

Instructor: Brittany Hamilton

| | | | | | |
|---------|---|-------------|------|-----|------|
| 31100-A | T | 7:00-8:00PM | 8WKS | 1/8 | \$32 |
|---------|---|-------------|------|-----|------|

Adult Programs

Personal Training

Do you need motivation to reach your fitness goals? Through personal training, you can reach your cardiovascular and strength training goals with a program tailored for you. A one hour session is \$41 or a series of five is \$172. Sessions are set by appointment.

Instructors: William Reed (Certified Personal Trainer) and Behka Hartmann (Certified Personal Trainer/Fitness Instructor)

Fitness Evaluations

Are you getting started on your fitness program and do not know where to begin? A fitness evaluation should be your first step in any fitness program. Your level of fitness is assessed in five components: cardiovascular, muscular strength, muscular endurance, flexibility and body composition. A one hour session is \$41. All evaluations are done by appointment.

Instructors: William Reed (Certified Personal Trainer) and Behka Hartmann (Certified Personal Trainer/Fitness Instructor)

Nutrition Counseling

Can't get rid of that extra weight? Need nutrition assistance for your sports training? Have a medical condition that would benefit from nutrition assistance? Individual nutrition counseling is available for your every need. Expertise in weight loss and management, disease management, sports nutrition, eating disorders, and general wellness. A one-hour session is \$55 or a series of 3 sessions is \$130. All evaluations are done by appointment.

Instructor: Esther White (MS, RD, LD)

The Power Package

Join forces with the experts in nutrition and fitness for successful results! Your Power Package includes 2 sessions focused on nutrition with a customized diet plan and 2 sessions focused on fitness with an evaluation and personal exercise plan. The Power Package is \$145 for the 4 sessions. All evaluations are done by appointment.

Instructors: Esther White (MS, RD, LD); William Reed (Certified Personal Trainer) and Behka Hartmann (Certified Personal Trainer/Fitness Instructor)

Resting Metabolic Rate Test

Are you wondering how many calories your body is actually burning? The Resting Metabolic Rate Test is a scientific test that determines how many calories your body needs at rest. The test is specific to your body and its unique needs. Knowing your Resting Metabolic Rate can help you fine tune your eating patterns so you can finally lose the unwanted pounds or put on lean muscle mass. The test is \$75 and is done by appointment.

Instructors: Angela Pond (Certified Personal Trainer)

Energize Exercise

Do you like to exercise in the morning and feel energized all day? Then this is the class for you. You will exercise at your own level of endurance. The class puts emphasis on your arms, abdomen and legs.

Instructor: Karen Cowley

41010-A MWThF 8:30-9:15AM 8WKS 1/7 \$28

Mix It Up Aerobics

Come have fun getting in shape with this versatile class. We do a variety of fun cardio and strength work to keep it fun, interesting, and challenging. If you have never exercised before or if you have been for years, this class is for you! Come mix it up with us and have a great time achieving your goals!

Instructor: Behka Hartmann (Certified Fitness Instructor)

41040-A MWF 9:15-10:15AM 8WKS 1/7 \$40

Zumba

This class can only be described as FUN!! If you want to party, laugh, and have a great time while you lose those unwanted inches come and join us! The Latin inspired, easy-to-follow, calorie burning, dance fitness party. Feel the music and let loose. Every day of class is a whole new set of dancing and fun.

Instructor: Behka Hartmann (Certified Fitness Instructor)

41065-A MW 6:00-7:00PM 8WKS 1/7 \$40

Zumba Gold Toning

Come learn the basic techniques of Zumba in this energizing fitness class. It's a great way to get your groove on! This is a great way for all ages to get started in Zumba or if you need a lower intensity. We'll use the musical maraca sounding toning sticks to bump up the work out by adding resistance. It's great for the mind, body, and soul!

Instructor: Behka Hartmann (Certified Fitness Instructor)

41050-A TTH 7:30-8:25AM 8WKS 1/8 \$40



Active Independents

Attention Seniors! Are you looking for an exercise class scaled to your fitness level? This is an all inclusive functional fitness class with focus on the 10 points of fitness.

Instructor: William Reed (Certified Fitness Instructor)

December

| | | | | | |
|---------|----|---------------|------|------|------|
| 48333-D | MW | 10:30-11:30AM | 4WKS | 12/3 | \$25 |
|---------|----|---------------|------|------|------|

January

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|---------|----|---------------|------|-----|------|
| 41333-A | MW | 10:30-11:30AM | 4WKS | 1/2 | \$25 |
|---------|----|---------------|------|-----|------|

February

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|---------|----|---------------|------|-----|------|
| 41333-B | MW | 10:30-11:30AM | 4WKS | 2/4 | \$25 |
|---------|----|---------------|------|-----|------|

March

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|---------|----|---------------|------|-----|------|
| 41333-C | MW | 10:30-11:30AM | 4WKS | 3/4 | \$25 |
|---------|----|---------------|------|-----|------|

Bootcamp

Today's the day to achieve the goal you have been putting off. Come early and then have your whole day to be proud of what you accomplished that morning. Boot camp is for everyone. You will get help getting past those plateaus, achieve your goals and get to be a fitter YOU! Come tone and tighten with a variety of workouts including core strength, stability ball, weights, steps, circuits, interval training, and much more. Decide today that YOU ARE WORTH IT!

Instructor: Behka Hartmann (Certified Fitness Instructor)

December

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|---------|----|-------------|------|------|------|
| 48420-D | MW | 6:35-7:30AM | 4WKS | 12/3 | \$25 |
|---------|----|-------------|------|------|------|

January

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|---------|----|-------------|------|-----|------|
| 41420-A | MW | 6:35-7:30AM | 4WKS | 1/2 | \$25 |
|---------|----|-------------|------|-----|------|

February

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|---------|----|-------------|------|-----|------|
| 41420-B | MW | 6:35-7:30AM | 4WKS | 2/4 | \$25 |
|---------|----|-------------|------|-----|------|

March

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|---------|----|-------------|------|-----|------|
| 41420-C | MW | 6:35-7:30AM | 4WKS | 3/4 | \$25 |
|---------|----|-------------|------|-----|------|

Extreme Fitness

This high intensity, total body workout uses functional every day movements to get you exercising. The workout and movements will be scaled to meet your personal fitness level and ability.

Instructor: William Reed (Certified Fitness Instructor, Certified Crossfit Instructor)

December

| | | | | | |
|---------|-----|-------------|------|------|------|
| 48005-D | TTH | 6:00-7:00PM | 4WKS | 12/4 | \$25 |
|---------|-----|-------------|------|------|------|

January

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|---------|-----|-------------|------|-----|------|
| 41005-A | TTH | 6:00-7:00PM | 4WKS | 1/3 | \$25 |
|---------|-----|-------------|------|-----|------|

February

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|---------|-----|-------------|------|-----|------|
| 41005-B | TTH | 6:00-7:00PM | 4WKS | 2/5 | \$25 |
|---------|-----|-------------|------|-----|------|

March

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|---------|-----|-------------|------|-----|------|
| 41005-C | TTH | 6:00-7:00PM | 4WKS | 3/5 | \$25 |
|---------|-----|-------------|------|-----|------|

Slim It Out, Tone It Up

Join us for a fun, challenging and fast-paced workout that uses different moves and equipment to target every muscle in your body. You will walk out with a smile on your face and a little sweat on your shirt!

Instructor: Esther White (MS, RD, LD)

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|---------|-----|-------------|------|-----|------|
| 41015-A | TTH | 6:35-7:25AM | 8WKS | 1/8 | \$50 |
|---------|-----|-------------|------|-----|------|

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|---------|-----|---------------|------|-----|------|
| 41015-B | TTH | 12:10-12:50PM | 8WKS | 1/8 | \$50 |
|---------|-----|---------------|------|-----|------|

Cycle Circuit

Want to crank up your workout, metabolism, and energy? Come join us for a blend of cycle and circuit training perfect for fitness at any level. Bring water, a towel and determination!

Instructor: Esther White (MS, RD, LD)

| | | | | | |
|---------|---|-------------|------|-----|------|
| 41300-A | T | 5:20-6:10PM | 8WKS | 1/8 | \$40 |
|---------|---|-------------|------|-----|------|

| | | | | | |
|---------|---|-------------|------|-----|------|
| 41300-B | T | 6:15-7:00PM | 8WKS | 1/8 | \$40 |
|---------|---|-------------|------|-----|------|

Spin & Sweat

Join us for spinning! Turn the basics of cycling into a great cardio workout that burns calories and fat. Get ready to work hard and sweat like crazy!

Instructor: Angela Pond (Certified Personal Trainer)

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|---------|---|-------------|------|-----|------|
| 41444-A | T | 9:00-9:45AM | 8WKS | 1/8 | \$30 |
|---------|---|-------------|------|-----|------|

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|---------|----|-------------|------|------|------|
| 41444-B | TH | 5:30-6:15PM | 8WKS | 1/10 | \$30 |
|---------|----|-------------|------|------|------|

Flow & Strength

Come challenge yourself to grow in flexibility, strength, and calmness using yoga and pilates influenced movement to improve your health.

Instructor: Esther White (MS, RD, LD)

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|---------|---|-------------|------|-----|------|
| 41060-A | M | 5:15-6:00PM | 8WKS | 1/7 | \$40 |
|---------|---|-------------|------|-----|------|

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|---------|----|---------------|------|-----|------|
| 41060-B | MW | 12:10-12:50PM | 8WKS | 1/7 | \$50 |
|---------|----|---------------|------|-----|------|

Hurst Hustlers Running Club

Come join runners, joggers, and walkers of all levels for a challenging workout using hills, speed work, distance, and drills. You will learn how to run and how to stay injury free all while having fun! This is the perfect way to make friends and meet your running goals.

Instructor: Esther White (MS, RD, LD)

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|---------|---|-------------|------|-----|------|
| 41001-A | M | 6:15-7:15PM | 8WKS | 1/7 | \$40 |
|---------|---|-------------|------|-----|------|

NEW! Core FX

Core Fitness Xtreme will take your body to the next level. Incorporating a variety of core strengthening exercises and great cardio endurance building, you will begin to see the results of your hard work. This class is designed for all fitness levels and will help you maximize your workout capabilities.

Instructor: Behka Hartmann, Certified Personal Trainer and Fitness Instructor-

January

| | | | | | |
|---------|---|-------------|------|-----|------|
| 41700-A | M | 7:05-8:00PM | 4WKS | 1/7 | \$20 |
|---------|---|-------------|------|-----|------|

February

| | | | | | |
|---------|---|-------------|------|-----|------|
| 41700-B | M | 7:05-8:00PM | 4WKS | 2/4 | \$20 |
|---------|---|-------------|------|-----|------|

March

| | | | | | |
|---------|---|-------------|------|-----|------|
| 41700-C | M | 7:05-8:00PM | 4WKS | 3/4 | \$20 |
|---------|---|-------------|------|-----|------|

Hatha Yoga

Learn more about yourself from the inside out with the tools of yoga. Increase your flexibility, balance, and tone your body. Discover the technique of breath control, centering, and meditation. (Eat nothing 2 hours prior to class and bring a yoga mat.)

Instructor: Behka Hartmann (Certified Fitness Instructor)

| | | | | | |
|---------|---|---------------|------|------|------|
| 41100-A | F | 10:15-11:15AM | 8WKS | 1/11 | \$32 |
|---------|---|---------------|------|------|------|

Scaravelli Yoga

Learn to elongate and extend comfortably into poses by using gravity and your breath. This user-friendly style of yoga will teach you how to relax. Please bring a blanket to class.

Instructor: Julie Vela (Certified and registered with Yoga Alliance)

| | | | | | |
|---------|---|-------------|------|-----|------|
| 41100-B | W | 8:15-9:15PM | 8WKS | 1/9 | \$32 |
|---------|---|-------------|------|-----|------|

Scaravelli Yoga - Intermediate

Are you ready to deepen your yoga practice? Experience steadiness and ease while learning intermediate poses. Please bring a yoga mat and a blanket to class.

Instructor: Julie Vela (Certified and registered with Yoga Alliance)

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|---------|---|-------------|------|-----|------|
| 41100-C | W | 7:05-8:00PM | 8WKS | 1/9 | \$32 |
|---------|---|-------------|------|-----|------|

ITF – Tae Kwon Do

ITF-Tae Kwon Do is the only original and traditional Korean Tae Kwon Do in D/FW. You will increase your flexibility, physical fitness, self defense, self control, discipline, stress relief, self esteem, and concentration.

Instructor: Jonathan Nguyen/Bart Powell (member of ITF-Unified and Grandmaster Van Binh) (White & Yellow Belts)

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|---------|---|--------------|------|------|------|
| 21700-A | S | 9:05-10:05AM | 8WKS | 1/12 | \$56 |
|---------|---|--------------|------|------|------|

(Color Belts)

| | | | | | |
|---------|---|---------------|------|------|------|
| 21700-B | S | 10:10-11:10AM | 8WKS | 1/12 | \$56 |
|---------|---|---------------|------|------|------|

Olympic Sport of Judo

Judo has been an Olympic sport since 1964. Here is your chance to learn the sport of Judo from a 9-time National medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. This is an on-going monthly class.

Instructor: Kim Mesa (5th degree Black Belt and certified USA Judo International Coach)

December

| | | | | | |
|---------|---|-------------|------|------|------|
| 48800-D | M | 7:00-8:30PM | 4WKS | 12/3 | \$35 |
|---------|---|-------------|------|------|------|

| | |
|---|-------------|
| W | 7:00-8:30PM |
|---|-------------|

| | |
|---|---------------|
| S | 10:05-11:30AM |
|---|---------------|

January

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|---------|---|-------------|------|-----|------|
| 41800-A | M | 7:00-8:30PM | 4WKS | 1/2 | \$35 |
|---------|---|-------------|------|-----|------|

| | |
|---|-------------|
| W | 7:00-8:30PM |
|---|-------------|

| | |
|---|---------------|
| S | 10:05-11:30AM |
|---|---------------|

February

| | | | | | |
|---------|---|-------------|------|-----|------|
| 41800-B | M | 7:00-8:30PM | 4WKS | 2/2 | \$35 |
|---------|---|-------------|------|-----|------|

| | |
|---|-------------|
| W | 7:00-8:30PM |
|---|-------------|

| | |
|---|---------------|
| S | 10:05-11:30AM |
|---|---------------|

March

| | | | | | |
|---------|---|-------------|------|-----|------|
| 41800-C | M | 7:00-8:30PM | 4WKS | 3/2 | \$35 |
|---------|---|-------------|------|-----|------|

| | |
|---|-------------|
| W | 7:00-8:30PM |
|---|-------------|

| | |
|---|---------------|
| S | 10:05-11:30AM |
|---|---------------|

Tai Chi

The Thursday evening class will focus on the basics of Tai Chi. Emphasis will be on relaxation, balance, and making the mind-body connection necessary in Tai Chi. Class will study the movements of the first section of the Yang long form. The Saturday morning class is for advanced students who have a working understanding of the Yang-style 103-movement form.

Instructor: Dan Streeter

December

| | | | | | |
|---------|----|-------------|------|------|------|
| 48070-D | TH | 7:00-8:15PM | 4WKS | 12/4 | \$37 |
|---------|----|-------------|------|------|------|

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|---|--------------|
| S | 9:05-11:00AM |
|---|--------------|

January

| | | | | | |
|---------|----|-------------|------|-----|------|
| 41070-A | TH | 7:00-8:15PM | 4WKS | 1/3 | \$37 |
|---------|----|-------------|------|-----|------|

| | |
|---|--------------|
| S | 9:05-11:00AM |
|---|--------------|

February

| | | | | | |
|---------|----|-------------|------|-----|------|
| 41070-B | TH | 7:00-8:15PM | 4WKS | 2/7 | \$37 |
|---------|----|-------------|------|-----|------|

| | |
|---|--------------|
| S | 9:05-11:00AM |
|---|--------------|

March

| | | | | | |
|---------|----|-------------|------|-----|------|
| 41070-C | TH | 7:00-8:15PM | 4WKS | 3/7 | \$37 |
|---------|----|-------------|------|-----|------|

| | |
|---|--------------|
| S | 9:05-11:00AM |
|---|--------------|

Belly Dance Basics

Whether you have been dancing all your life or just starting out in dance, you will enjoy this fun dance class! We will learn the basics of Improv Tribal Style. This is a low-impact dance class suitable for all body types.

Instructor: Brandy Bollin

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|---------|---|-------------|------|-----|------|
| 41200-A | T | 7:00-8:00PM | 8WKS | 1/8 | \$56 |
|---------|---|-------------|------|-----|------|

Improv Dance Drills

Take your new found belly dance skills and ramp it up a notch or two. We will cover more complex drills and improv combinations, building on what you learned in the Basics class. We will use live music for this class, affording you the opportunity to also learn to use percussion instruments (in the form of zills) to dances.

Instructor: Brandy Bollin

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|---------|---|-------------|------|-----|------|
| 41224-A | T | 8:00-9:00PM | 8WKS | 1/8 | \$56 |
|---------|---|-------------|------|-----|------|

Take it to the Stage: Advanced Belly Dance

Now that you have perfected your dance skills, you are ready to create a performance. This class will focus on taking your move vocabulary and making it show-worthy by adding props, staging, and interaction with a band. You will also learn to use props such as the veil, skirt, sword, and zills. INSTRUCTOR APPROVAL REQUIRED.

Instructor: Brandy Bollin

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|---------|---|-------------|------|-----|------|
| 41222-A | T | 9:00-9:45PM | 8WKS | 1/8 | \$40 |
|---------|---|-------------|------|-----|------|

Tribal Evolution

This class covers the unique style of Improv Tribal Style, as taught by TE founder, Brandy Bollin. This class is a professional performance level class that will teach you to include props, musical interpretation, musician interaction, staging, and show layout. INSTRUCTOR APPROVAL REQUIRED.

Instructor: Brandy Bollin

| | | | | | |
|---------|----|-------------|------|------|------|
| 41226-A | TH | 8:00-9:30PM | 8WKS | 1/10 | \$46 |
|---------|----|-------------|------|------|------|

Sewing for Adults

Get those creative juices flowing! We will learn basic sewing techniques and how to use the machines. We will also learn how to select and sew by using a pattern. (Supply Fee \$15 for the first class. Supply List for remaining 7 classes. Please bring own scissors to class and a sewing machine if you have one!)

Instructor: Dottie Nicholson

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|---------|---|-------------|------|-----|------|
| 41500-A | T | 1:00-2:15PM | 8WKS | 1/8 | \$28 |
|---------|---|-------------|------|-----|------|

Tri-Cities Promenadors:

Did you know that the Tri-Cities Promenadors offer Square Dance lessons at the Brookside Center on Tuesday nights from 7:30-9:30 p.m.?

Drop by and give it a try!



Save the Date
Recreation Center
Open House
Date Jan. 3
5-7 p.m.

Come tour our newly
renovated center.
Details to follow.

Rag Quilting

Through rag quilting, you can create your own beautiful quilt without quilting! Rag quilts are soft, cuddly, and very simple to complete. We will use simple cutting and sewing to create your own quilt! (Supply List)

Instructor: Vickie McMeans

| | | | | | |
|---------|----|-------------|------|------|------|
| 41556-A | TH | 1:00-3:30PM | 8WKS | 1/10 | \$30 |
|---------|----|-------------|------|------|------|

Clowning for Fun and Profit

Do you like clowning around? From make-up to making money, we will learn all aspects of clowning. We will have fun and learn magic, juggling, puppets, comedy, and much more.

Instructor: Andy Anderson

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|---------|---|-------------|------|-----|------|
| 41190-A | W | 6:30-8:30PM | 8WKS | 1/9 | \$32 |
|---------|---|-------------|------|-----|------|

Brush & Palette

Express your talent through the art of oil painting! Basic strokes, color mixing, and application will be covered. (Supply List)

Instructor: Elaine Roosz

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|---------|---|-------------|------|-----|------|
| 41110-A | T | 6:30-9:00PM | 8WKS | 1/8 | \$50 |
|---------|---|-------------|------|-----|------|

Hurst Recreation Events

Lose the LB's Fitness Challenge

Start 2013 off with your fitness resolution, and you can get started toward your healthy lifestyle in the Healthy Hurst "Lose the LB's" Fitness Challenge.

Participants can choose to log their workouts, or log their workouts and track their weight loss during the 2013 "Lose the LB's" Fitness Challenge. Incentive awards will be given based on level of participation. Register for the Healthy Hurst Wellness Program at no charge, and keep track of your workouts and weight loss between January 2 and February 28, 2013, to be eligible for incentive awards. For more information, please call 817.788.7325.



Hurst resident 3,000,000th

Benjamin Morris, 22, of Hurst, was honored as the Hurst Recreation Center's 3,000,000th participant at 4:30 p.m. on Wednesday, October 24, 2012. Benjamin's visit occurred almost 12 years to the day after the Recreation Center's \$3.1 million expansion/renovation project and grand re-opening. In appreciation of Benjamin being the Hurst Recreation Center's 3,000,000th participant, Benjamin received a complimentary one year extension to his annual pass, a balloon bouquet, and a \$50 Target gift card.

Special Events:



Daddy & Daughter Valentine's Ball

Sunday, February 10

3:00-5:00 PM

Hurst Recreation Center, 700 Mary Drive

Tickets are \$15 per couple and \$8 per additional daughter. Tickets go on sale January 7, 8:00 a.m. at the Hurst Recreation Center's Administrative Office. For more information, call 817.788.7320.





Trout Stockings at Chisholm Park

The Texas Parks and Wildlife Department will stock Chisholm Park Pond with trout again this winter. For dates and additional information check the TPWD website, Neighborhood Fishin' at www.neighborhoodfishin.org.

Recreation Division Programs

Recreation Center Fees:

Current January 1, 2010

| | Hurst Residents | Non-Hurst Residents |
|--------------------------------------|-------------------|---------------------|
| Daily Pass | \$2.00 | \$10.00 |
| Annual Pass Youth (6 – 15 years) | \$20.00 per year | \$80.00 per year |
| Annual Pass Adult (16 – 64 years) | \$50.00 per year | \$200.00 per year |
| Annual Pass Senior (65+ years) | \$20.00 per year | \$80.00 per year |
| Annual Family Pass | \$125.00 per year | N/A |
| Replacement Card Fee | \$5.00 | \$5.00 |

**How do I
know I am a
Hurst resident?**
*Residency is defined by:
living within the Hurst city
limits, receiving a water
bill from the City of Hurst
and paying property taxes
to the City of Hurst.*

See
**Page
52** for
registration
information

Recreation Center Information:

700 Mary Drive: 817.788.7325

Hours of Operation:

| | |
|-----------------|--------------------|
| Monday-Thursday | 6:30 AM – 10:00 PM |
| Friday | 6:30 AM – 6:00 PM |
| Saturday | 9:00 AM – 6:00 PM |
| Sunday | 1:00 PM – 6:00 PM |

Healthy Hurst:

Healthy Hurst Online Wellness Program Information

Healthy Hurst is the City of Hurst's community-wide wellness initiative. With the use of the information and links that are available on the City of Hurst's Healthy Hurst webpage, participants can increase their health, wellness, and fitness.

Healthy Hurst is a FREE program, and all participants receive a Healthy Hurst t-shirt at the time of registration. Participants are also encouraged to register for the various FREE events that will be offered throughout the year as part of the Healthy Hurst Program.

The Healthy Hurst program is open to all Hurst residents, as well as non-residents who have purchased a Hurst Recreation Center Annual Pass. Incentive awards are also available to all participants as they track and log their fitness activities!

Healthy Hurst has a myriad of tips and information on nutrition, fitness, wellness, and health. Give it a try today! Let Healthy Hurst help you get started toward your wellness, health, and fitness goals! For more information on the Healthy Hurst program, contact the Hurst Recreation Center at 817.788.7325.



Adult Softball Spring League Registration

Returning Teams:

(2012 registered teams)

Monday, January 28, 8:00 AM-5:00 PM
Tuesday, January 29, 8:00 AM-6:00 PM
Hurst Recreation Center (700 Mary Drive)

Open Registration:

Monday-Friday, January 30-February 15
Monday, Wednesday and Friday from 8:00 AM-5:00 PM
and Tuesday and Thursday from 8:00 AM-6:00 PM
Hurst Recreation Center (700 Mary Drive)

Entry Fee:

\$360 for a 10 game season (With City playoffs)

League Nights:

Monday - Friday

League Schedules:

Available February 20 after 4 p.m.

League Begins:

Monday, February 25

**For more information,
call 817.788.7320.**

Winter Adult Basketball League Registration

Returning Teams:

(2012 registered teams)

Thursday, January 3, 8:00 AM-5:00 PM
Friday, January 4, 8:00 AM-6:00 PM
Hurst Recreation Center (700 Mary Drive)

Open Registration:

Monday-Friday, January 7-18
Monday, Wednesday and Friday from 8:00 AM-5:00 PM
and Tuesday and Thursday from 8:00 AM-6:00 PM
Hurst Recreation Center (700 Mary Drive)

Entry Fee:

\$275 for a 7 game season (With playoffs for teams who qualify)

League Nights:

Tuesday and/or Thursday if needed

League Schedules:

Available January 23 after 4 p.m.

League Begins:

Tuesday, January 29

**For more information,
call 817.788.7320.**

Youth Sports Associations:

Hurst Girls Softball League
(HGSL) 817.209.5409
www.eteamz.com/hurstgsl
hurstgirlssoftball@yahoo.com

Mid-Cities Basketball Assn.
(MCBA) 817.354.6208
www.midcitiesbasketball.org

**Mid-Cities PeeWee Football
& Cheerleading Assn.**
817.282.2390
www.midcitiespeeveefootball.org

Tri-Cities Baseball Assn.
(TCBA) 817.285.0200
www.tcbbaseball.com

Hurst United Soccer Assn.
(HUSA) 817.282.8680
www.hurstunited.com

Welcome to the Hurst Tennis Center

Hurst Tennis Center

701 Mary Drive
817.788.7330

**“Home of the Team Hurst
Junior Development Program”**

Junior Tennis

Quickstart Tennis

(Ages 6 & under)

Introduction to the game of tennis. Emphasis is placed on motor skills in a fun learning environment. Kids will learn basic strokes and play lots of fun games. Ages 6 and under. Bring one can of new balls to first class.

Instructor: Austin Wynne, USPTA, John Schildt and Staff

Times: 5:00-5:30 PM

Price: \$28 + one new, unopened can of tennis balls

Days: Wednesdays

| | | |
|---------|------------|----------|
| 82601-A | Begins 1/9 | (4 wks.) |
| 82601-B | Begins 2/6 | (4 wks.) |
| 82601-C | Begins 3/6 | (4 wks.) |

Jr. Beginner Tennis

(Ages 7 & up)

A fun class for beginners. Learn the fore-hand, backhand, serve and volley. Kids will play plenty of fun games.

Instructor: Austin Wynne, USPTA, John Schildt and Staff

Times: 5:30-7:00 PM

Price: \$72 + one new, unopened can of tennis balls

Days: Wednesdays

| | | |
|---------|------------|----------|
| 82502-A | Begins 1/9 | (4 wks.) |
| 82502-B | Begins 2/6 | (4 wks.) |
| 82502-C | Begins 3/6 | (4 wks.) |

NEW! Advanced Beginner/ Intermediate Junior Tennis

(Ages 10 and up)

For players who have had prior instruction & looking to improve their overall game. Singles and doubles, techniques and tactics. Ages 10 and up. Bring one can of new balls to first class.

Instructor: Austin Wynne, USPTA, John Schildt and Staff

Times: 5:30-7:00 PM

Price: \$72 + one new, unopened can of tennis balls

Days: Wednesdays

| | | |
|---------|------------|----------|
| 84504-A | Begins 1/9 | (4 wks.) |
| 84504-B | Begins 2/6 | (4 wks.) |
| 84504-C | Begins 3/6 | (4 wks.) |

Adult Programs

Adult Beginner/ Advanced Beginner Clinic

Just for adults! Learn basic strokes, scoring and strategy. Bring one can of new balls to first class.

Instructor: Kelly Langdon, USPTA, and Staff

Times: 7:00 - 8:30PM

Price: \$72 + one new, unopened can of tennis balls

Days: Wednesdays

| | | |
|---------|------------|----------|
| 82505-A | Begins 1/9 | (4 wks.) |
| 82505-B | Begins 2/6 | (4 wks.) |
| 82505-C | Begins 3/6 | (4 wks.) |

Adult Intermediate Clinic

This class is for adults who want to build on existing skills. You'll practice all shots and learn techniques and tactics.

Instructor: Kelly Langdon, USPTA, and Staff

Times: 7:00 - 8:30PM

Price: \$72 + one new, unopened can of tennis balls

Days: Wednesdays

| | | |
|---------|------------|----------|
| 82506-A | Begins 1/9 | (4 wks.) |
| 82506-B | Begins 2/6 | (4 wks.) |
| 82506-C | Begins 3/6 | (4 wks.) |

4.0 Men's Open Clinic

Meets each Thursday for men rated 4.0 or higher. Learn techniques and strategy. Must register three days in advance. Minimum of four participants.

Instructor: Kelly Langdon, USPTA, and staff

Times: 7:00 - 8:30PM

Price: \$12

Days: Thursdays

| | | |
|---------|------------|----------|
| 88444-A | Begins 2/7 | (weekly) |
|---------|------------|----------|

Attention Tennis Players!

Those looking for a steady practice partner can rent the Hurst Tennis Center's Prince ball machine. It's available for rent seven days a week. The cost is \$10 per hour or \$6 for 30 minutes (tennis balls included). Due to court availability, please reserve the ball machine at least three days in advance.

*Please remember
to bring a can
of new, unopened
tennis balls
to your first class.*

How about a Private Lesson?

The HTC Staff offers private lessons for those wanting more one-on-one accelerated learning.

Lessons with City of Hurst Tennis Professionals:

Hurst Tennis Specialist, **Kelly Langdon**, USPTA, or Tennis Center Coordinator, **Mike Campo**, USPTA

\$50 per hour
\$26 per half hour
\$180 per series of 4 lessons

Lessons with Tennis Instructors:

Sam Elliott, USPTA, **Greg Smith**, **Jason Brown**, USPTA, **Austin Wynne**, USPTA, and **Jared Combest**, USPTR.

\$49 per hour
\$26 per half hour
\$180 per series of 4 lessons

The Tennis Center Staff also offers:

Private and group lessons. \$90 for 90 minute group lessons for league teams.

Services and Facilities:

- Lessons for all ages & abilities
- 10 lighted outdoor courts
- USRSA Racquet Stringers
- Prince Ball Machine
- USPTA-Certified Instructors Available
- USTA Adult Leagues

Fall/Winter Operating Hours:

Beginning Nov. 12
Mon. – Thurs. 8:00 AM – 9:00 PM
Friday 8:00 AM – 6:00 PM
Saturday & Sunday 9:00 AM – 6:00 PM

Tennis Center Coordinator – Mike Campo, USPTA

Tennis Specialist – Kelly Langdon, USPTA

Tennis Attendants – Corey Doss, Blake Fisher, Eric Thuener, Charlie Crosswait and Jared Jordan

Tennis Instructors – Jason Brown, USPTA, Greg Smith, Sam Elliott, USPTA, Austin Wynne, USPTA, John Schildt, Bryan Combest, USPTA

Please bring one can of new, unopened, tennis balls to your first day of class.

Court Fees

(90 minutes)

\$1 Hurst Residents

(with proof of Hurst residency)

\$2 Non-Residents

Racquet Stringing

The Tennis Center has a large choice of string and accessories for your racquet needs. We offer 24-hour turn around service and have three United States Racquet Stringer's Association stringers on staff.

Upcoming Tournaments

Spring Mid-Cities Junior Circuit — TBA

Hurst Junior Open Tournament
April 12-14

*WinterAdult
Leagues begin*

Feb. 6
*must register by
January 23
cost is
\$25/person*

*Do you want
to practice your serve or
hit a few with a friend?*

**CALL
817.788.7320**

*for a court
reservation.*

Registration Easy-Options!

Walk-in registration beginning on Monday, December 3 at 7:00 AM, is open only to those participants who are Hurst residents. Participants who reside in Fort Worth, North Richland Hills, and Euless, whose mail is delivered to a Hurst "address," are not eligible to register until December 10 at 7:00 AM. Residency is defined by: living within the Hurst city limits, receiving a water bill from the City of Hurst and paying property taxes to the City of Hurst. Out of fairness to all citizens of our community, you may only register the members of your household.

Classes begin the week of January 7. (Unless otherwise indicated.)

Walk-In Class Registration Times

(after initial registration days)

| | | | |
|-----------------|-----------------|----------|-----------------|
| Monday-Thursday | 7:00 AM-9:00 PM | Saturday | 9:30 AM-5:00 PM |
| Friday | 7:00 AM-5:00 PM | Sunday | 1:30 PM-5:00 PM |

Hurst Residents:

Mail-in (check or credit card payment), fax (credit card payment), online (credit card payment), and walk-in (cash, check or credit card payment) **registration for Recreation Classes begins December 3 at 7:00 AM.**

Non-Residents:

Fax (credit card payment), online (credit card payment), and walk-in (cash, check or credit card payment) **registration for Recreation Classes begins December 10 at 7:00 AM.**

Sign up to Register Online:

That's right, you can save time and register your entire family on-line! To get started, you will need to visit the Hurst Recreation Center to activate your account. If you are a Hurst resident, you will need to bring your **Hurst Water Bill, Hurst property tax statement, or Hurst apartment lease, and your photo ID** as proof of Hurst residency to receive the Hurst resident rates. Once you have activated your account and received your user name and password, you will be able to use our on-line registration feature.

You do not have to wait until your appropriate registration date to activate your account and receive your user name and password. Go ahead and do it the next time you are at the Recreation Center for your current class or working out. Then you will be ready to register on-line the day registration starts!

Confirmation:

When you register by mail-in or fax, you will receive a confirmation notice through the postal mail. You will be notified if the designated classes are not available. If the class is not available, you may select a second choice. If you register on-line, you may print a copy of your receipt.

Supply List and Fees:

Some of our classes require a supply list. These classes are noted in the brochure. You will receive a supply list when you register. For those mailed, a list will be included with your confirmation letter. **Supplies should not be purchased prior to the Friday before the class starts in case of cancellation.**

Refund Policy:

When you sign up for one of our classes, we depend on your participation for a successful class. If you have an unforeseen circumstance and cannot attend your class, we will gladly refund your fee with 72 hours notice prior to the class start date. Thank you for your cooperation.

Weather Policy:

In case of inclement weather, the Hurst Recreation Center will not conduct any classes if the H-E-B Independent School District cancels their classes for the day.

Classes begin
the week of
**Jan.
7**

Parks and Recreation Board

Chairman: Alan Neace

Vice Chairman: Rod Robertson

Carol Cole

Ralph Hurd

Karen Spencer

Hank Williams

Delbert Derrett

Pat King

Bob Walker

Recreation Staff

Recreation Director: Chris Watson

Recreation Managers: Kim Mesa, Doug McDaniel,
Kristie Weaver

Recreation Center Supervisor: Mary Singleton

Recreation Specialist: Courtney Barnard

Senior Secretary: Paige Lutz

Winter 2013 Class Registration Form



Head of Household Home Phone Work Phone E-mail Address

Street Address Apt# City State/Zip

| Participant's Name | Date of Birth | Gender | Class # | Fee |
|-----------------------------------|---|--------|-------------------|--------------|
| 1. | | | | |
| 2. | | | | |
| 3. | | | | |
| 4. | | | | |
| 5. | | | | |
| | | | Sub-Total | \$ |
| Non-Resident Fee of \$2 per class | $\frac{\text{ }}{\text{(# of classes)}} \times \2 | = \$ | + Sub-Total of \$ | Total Due \$ |

Payment Method:

Check #
Credit Card
Cash/Money



Order

Credit Card Payment Authorization:

Visa Mastercard Discover American Express

_____ - _____ - _____ - _____

Expiration Date

____/____

month year

Checks Payable to :
City of Hurst

Mail to:
Hurst Parks and Recreation
Class Registration
700 Mary Drive
Hurst, Texas 76053

Fax to:
817-282-7081

For the valuable consideration of being allowed to participate in the City of Hurst Parks and Recreation Department's program or use the City's facilities or equipment, I recognize and acknowledge the risk of physical injury and agree to assume the full risk of any injuries, including death or damages, that may result from any injury sustained while participating in activities related to the program or from using the City's facilities or equipment. I DO FULLY RELEASE, INDEMNIFY, AND HOLD HARMLESS, THE CITY, ITS EMPLOYEES AND OFFICERS FROM THEIR OWN NEGLIGENCE FOR FAILURE TO PROPERLY DESIGN, INSPECT, OR MAINTAIN THE EQUIPMENT, OR SUPERVISE THE ACTIVITIES TO BE ENGAGED IN OR EQUIPMENT TO BE USED BY THE UNDERSIGNED AND FOR ANY ACTS OF THIRD PARTIES. The City does not provide any medical or other insurance protection or benefits for those who use the recreational equipment or engage in activities on City Premises.

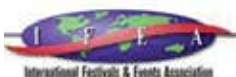
BY SIGNING THIS RELEASE, I ACCEPT ALL RESPONSIBILITY FOR INJURIES WHICH MAY BE INCURRED.

SIGNATURE OF PARTICIPANT/USER

SIGNATURE OF PARENT/GUARDIAN IF USER IS UNDER 18

DATE

The City of Hurst is proud to be an agency member of the following organizations:





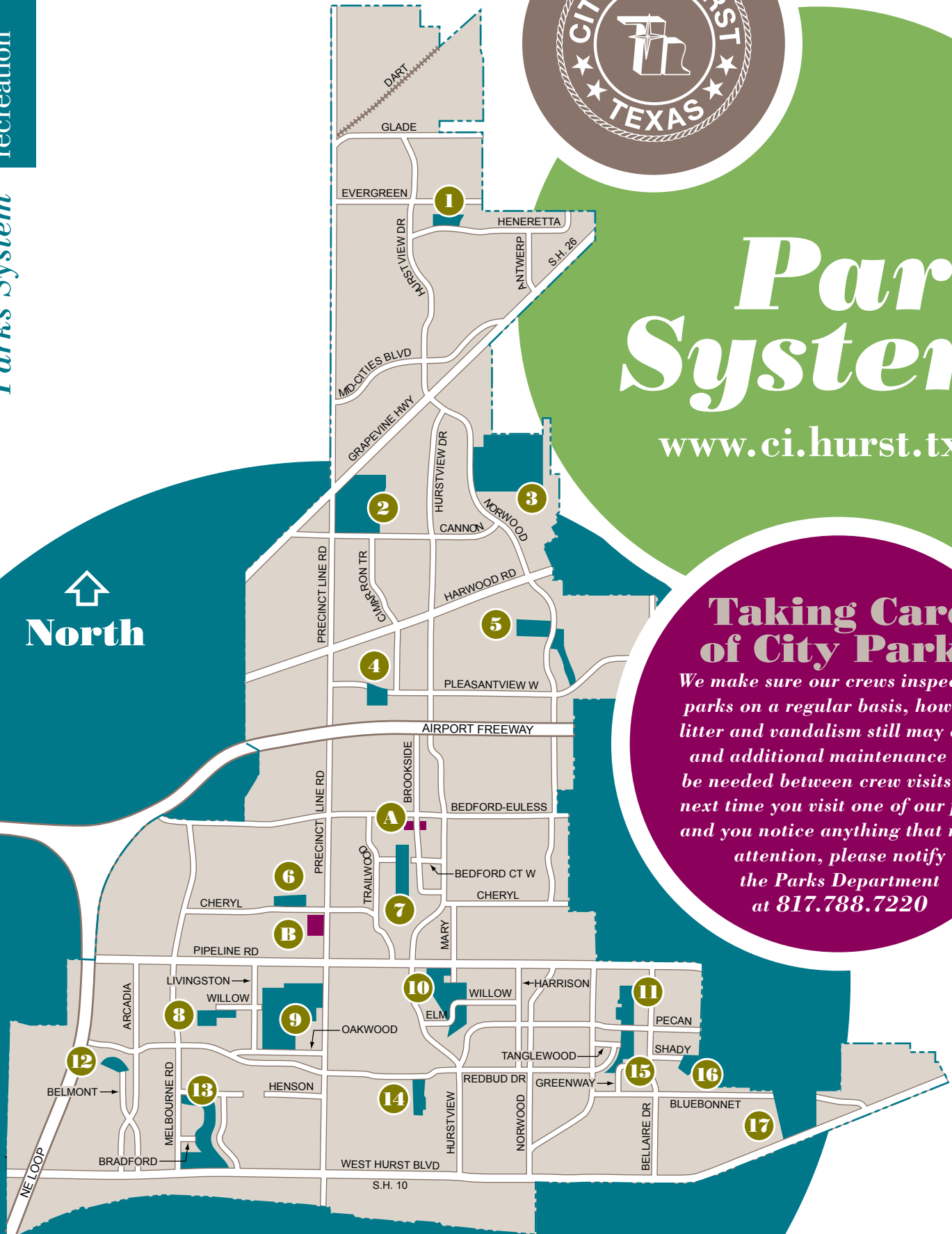
Park System

www.ci.hurst.tx.us

Taking Care of City Parks

We make sure our crews inspect our parks on a regular basis, however, litter and vandalism still may occur and additional maintenance may be needed between crew visits. The next time you visit one of our parks and you notice anything that needs attention, please notify the Parks Department at 817.788.7220

North



Parks

1 ECHO HILLS PARK

500 Heneretta (7.1 Acres)

- Pavilion
- Playground
- Jogging/Walking Trail System (1/3 mile)
- Picnic Tables
- Youth Athletic Practice Fields (Unlighted)
- Pet Water Fountain

2 HURST ATHLETIC COMPLEX

2104 Precinct Line Road (42.2 Acres)

- 4 Adult Softball Fields (Lighted)
- 6 Youth Soccer Fields (Lighted)
- 4 Youth Soccer Fields (Unlighted)
- Playground
- 3 Group Shelters
- 2 Concession/Restroom Buildings

3 CHISHOLM PARK

2200 Norwood (50 Acres)

- Aquatics Center
- 4 Youth Softball Fields (Lighted)
- 2 Playgrounds
- 3 Pavilions
- Pond with Fishing Island
- Picnic Tables
- Jogging/Walking Trail System (1.5 miles)
- Fitness Course
- Group Shelter
- Concession/Restroom Building
- 2 Basketball Courts (Lighted)
- 4 Pet Water Fountains

4 SMITH-BARFIELD PARK

640 Pleasantview (6.9 Acres)

- Youth Baseball/Softball Field (Lighted)
- 2 Tennis Courts (Lighted)
- Youth Athletic Practice Field (Unlighted)
- Playground
- Pavilion
- Picnic Tables
- Restrooms
- 2 Pet Water Fountains

5 MAYFAIR PARK

1725 Norwood (14.4 Acres)

- Pavilion
- Playground
- Jogging/Walking Trail System (1/4 mile)
- Pet Water Fountain
- Youth Athletic Fields (Unlighted)

6 WINDMILL PARK

840 Cheryl (2 Acres)

- Historical Marker

7 VALENTINE PARK

610 Bedford Court West (4 Acres)

- Youth Athletic Practice Field (Unlighted)

8 HURST HILLS PARK

575 Billie Ruth (4 Acres)

9 HURST COMMUNITY PARK

601 Precinct Line Road (44.9 Acres)

- 4 Youth Baseball Fields (Lighted)
- 2 Youth Soccer Fields (Lighted)
- 2 Sand Volleyball Courts (Lighted)
- Pavilion
- 2 Playgrounds
- Multi-Use Trail System (1 mile)
- Picnic Tables
- Wooded Natural Area
- Open Field Play Area
- Concession/Restroom Building
- 2 Group Shelters
- 2 Pet Water Fountains

10 CENTRAL PARK

700 block of Mary Drive (17.5 Acres)

- Recreation Center
- Aquatics Center
- Tennis Center (10 Lighted Courts)
- 2 Pavilions
- Playground
- Picnic Tables
- 2 Outdoor Basketball Courts (Lighted)
- Pet Water Fountain

11 VIVAGENE COPELAND PARK

501 Pecan Drive (5.2 Acres)

- Pavilion
- Playground
- Multi-Use Trail System (1/3 mile)
- Open Field Play Area
- 3 Outdoor Basketball Courts (Lighted)
- Pet Water Fountain

12 JAYCEE BAKER PARK

500 Belmont (4.1 Acres)

- Playground
- Picnic Tables
- Restrooms
- Youth Athletic Practice Fields (Unlighted)
- Pet Water Fountain

13 BILLY CREEK PARK

14 REDBUD PARK

525 Redbud Drive (7.2 Acres)

- Soccer Field (Unlighted)
- Playground
- Jogging/Walking Trail System (1/3 mile)
- Picnic Tables
- Fitness Course
- Pavilion
- Pet Water Fountain

15 BELLAIRE PARK

500 Pecan Drive (6.4 Acres)

- Playground
- Youth Baseball/Softball Field (Lighted)
- Jogging/Walking Trail System (1/3 mile)
- Pet Water Fountain

16 WAN-KA-KANI PARK

748 Shadylane (4.1 Acres)

- Picnic Tables

17 RICKEL PARK

1001 Bluebonnet (29 Acres)

- 2 Pavilions
- Picnic Tables
- Nature Trails
- Scenic Overlook
- Winding Stream with 2 Bridges
- Jogging/Walking Trail System (1/2 mile)
- 2 Pet Water Fountains
- Playground

Facilities

A BROOKSIDE CENTER

B HURST LIBRARY

Park Pavilions

listed are available for rental for \$35 per day. If electrical power is needed during the rental, a \$50 REFUNDABLE electrical key deposit is due at the time of reservation.

For more information, call

817.788.7320



CITY OF HURST

1505 Precinct Line Road
Hurst, Texas 76054

PRESORTED
STANDARD
US POSTAGE
PAID
HURST, TX
PERMIT #21

*** ECRWSS ***

Local
Postal Customer